BEST FOR ON DEMAND & SKY

MORE CHANNELS THAN ANY OTHER TV MAG!

11-17 JULY 2026

TV&Streaming week

EXCLUSIVE!

The Westies

Meet the Irish gang battling the Mafia in 1980s New York

LIVE!
THE OPEN
Can **Rory McIlroy** claim the Claret Jug?

NEW
THE HAWK
Will Ferrell plays around in this golf comedy!

NEW
RIDE OR DIE
Hannah Waddingham and **Octavia Spencer** in a comedy chase across Europe

HotList This week's 28

Saturday 11

Nations Championship

***RUGBY UNION** ITV1/ITV4*

The second round of matches includes Japan v Ireland (ITV1, k-o 11.10am), Fiji v England (ITV1, 2.10pm), South Africa v Scotland (ITV1, 4.40pm) and Argentina v Wales (ITV1 or ITV4, 8.10pm).

Redux Redux

***SCI-FI** Sky Premiere, 6.15am & 8.25pm*

Michaela McManus stars as a grief-stricken mother who travels to parallel universes to track down and kill the man who murdered her daughter, while hoping to find one where she is still alive. *See review, page 23*

Wimbledon finals

***TENNIS** BBC1, BBC2, iPlayer & TNT Sports*

Finals weekend at the All England Club starts today with the men's doubles final, but the highlight of the day is the ladies' singles final. Poland's Iga Swiatek (above) triumphed last year.

The Sentinels

***SCI-FI** BBC4, 9pm & 9.50pm (box set, BBC iPlayer)*

French sci-fi drama set during World War One about a man who is recruited into a secret military experiment to create stronger and more resilient soldiers.

■ Full listings start on **p35**

Sunday 12

The Westies

***DRAMA** MGM+*

This gritty crime drama follows the battle for power between the Irish Mob and the Italian Mafia in 1980s Hell's Kitchen, New York. JK Simmons (above) and Titus Welliver star. *See feature, page 4*

Wimbledon finals

***TENNIS** BBC1, BBC2, iPlayer & TNT Sports*

Defending men's champ Jannik Sinner (above) started this year's competition with a fraught five-setter against Miomir Kecmanovic – has he been able to recover and fight his way to today's men's final?

The Dark

***CRIME DRAMA** ITV1, 9pm (box set, ITVX)*

The discovery of a young man's body in the Scottish wilderness sets DI Monica Kennedy (Laura Donnelly, above) on the hunt for a serial killer in this six-part thriller. Continues tomorrow. *See feature, page 6*

The Piano

***ENTERTAINMENT** C4, 9pm*

The search to discover the UK's most exciting amateur pianists is back for a fourth season, with the returning Claudia Winkleman and Mika joined by a line-up of guest mentors, including Jools Holland.

■ Full listings start on **p45**

Monday 13

Under Suspicion: Tracie Andrews

***DRAMA** 5, 9pm*

Emma Rigby (above) stars in this true-crime drama about the murder of Lee Harvey and the conviction of his fiancée Tracie Andrews. *See feature, page 11*

Evolution

***DOCUMENTARY** BBC2, 9pm (box set, BBC iPlayer)*

In this five-part follow-up to 2023's *Earth*, Chris Packham (above) takes a deep dive into the evolution process. *See Documentaries, page 21*

House of the Dragon

***FANTASY DRAMA** Sky Atlantic, 9pm, & HBO Max*

Things continue to look bleak for Aegon (Tom Glynn-Carney, above) this week. He's now on the run with Lord Larys Strong. *See feature, page 7*

How to Trick Your Way onto the Property Ladder

***DOCUMENTARY** C4, 10pm*

Film-maker Oobah Butler (above) masterminds an array of stunts and loopholes to help two first-time buyers beat the housing crisis.

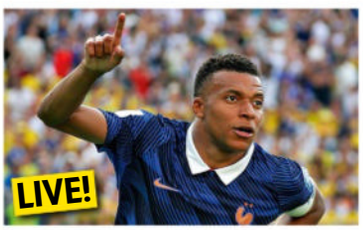
■ Full listings start on **p55**

Tuesday 14

R.J. Decker

***DRAMA** Disney+*

From the creator of *Elementary*, this darkly comic drama stars Scott Speedman (above) as an ex-con photographer turned PI in South Florida. Jaina Lee Ortiz (*Station 19*) is among the co-stars.



World Cup: Semi-final

***FOOTBALL** BBC1 or ITV1, k-o 8pm*

Starting a month ago with a record 48 teams, the tournament is finally down to the last four. Have pre-tournament favourites France and Spain made it this far? The second semi-final is tomorrow.

The Great British Sewing Bee

***ENTERTAINMENT** BBC1, 8pm*

Sophie Willan is the new host as a fresh batch of contestants enter the Sewing Room.

● ***Broadcast details may vary due to World Cup coverage***

MLB: All-Star Game

***BASEBALL** TNT Sports 1 & HBO Max, from 12.30am*

Some of the best current Major League Baseball players, including Los Angeles Dodgers' Shohei Ohtani (above), take part in the showcase.

■ Full listings start on **p65**

HOW TO ORDER AND ACCESS BACK ISSUES: IF YOU ARE AN ACTIVE SUBSCRIBER, YOU HAVE INSTANT ACCESS TO BACK ISSUES THROUGH YOUR iOS OR ANDROID DEVICES. YOU WILL ONLY BE ABLE TO ACCESS THE DIGITAL BACK ISSUES AS LONG AS YOU ARE AN ACTIVE SUBSCRIBER. TO PURCHASE SINGLE BACK ISSUES (PRINT FORMAT ONLY), VISIT MAGAZINESDIRECT.COM (CLICK ON 'SINGLE ISSUES' TAB), OR EMAIL: HELP@MAGAZINESDIRECT.COM. MAGAZINESDIRECT.COM IS OWNED AND OPERATED BY FUTURE PUBLISHING LIMITED

facebook.com/tvstreamingweek @tvstreamingweek

best shows

NEW SUBSCRIPTION OFFER
GET SIX ISSUES FOR £1!
Visit magazinesdirect.com/xts/dj94x

11-17 JULY 2026

Wednesday 15

Lucky
***THRILLER** Apple TV*
Based on the hit novel, this pacy drama stars Anya Taylor-Joy (above) as a con artist fleeing for her life after a heist goes sideways. Annette Bening and Timothy Olyphant co-star. *See Your Watchlist, p14*

Ride or Die
***ACTION COMEDY** Prime Video*
Hannah Waddingham (above) and Octavia Spencer star in this explosive eight-part action comedy about two friends – one a secret assassin – who go on the run through Europe. *See Your Watchlist, p17*

The Cult of NatureBoy
***DOCUMENTARY** Disney+*
Following the rise of social-media star Eligio Bishop, who used his platforms to recruit followers into a group he called Carbon Nation. But were his intentions good or was something more sinister going on?

Silent War: The Shadow of Atomic Bombs
***DOCUMENTARY** PBS America, 7.55pm*
Two-parter examining the history of nuclear weapons and asking why the world's superpowers increasingly use nuclear threats against one another. Concludes tomorrow.

■ Full listings start on **p75**

Thursday 16

The Hawk
***COMEDY** Netflix*
If you loved *Happy Gilmore 2* or Owen Wilson's *Stick*, this golf comedy will be a guaranteed tap-in. Will Ferrell is Lonnie 'The Hawk' Hawkins, a former world No 1 out for one last major win. *See Your Watchlist, p16*

The Open Championship
***GOLF** Sky Sports Main Event, Sky Sports Golf & Sky Sports+, from 6.30am*
The oldest major in golf returns to Royal Birkdale, where all eyes will be on defending champ Scottie Scheffler (above). Continues tomorrow. *See Sport Week, page 28*

The Odyssey with Dan Snow
***DOCUMENTARY** 5, 9pm*
The presenter (above) sets off on a Mediterranean voyage to trace the ancient locations that inspired Homer's epic poem. *See Documentaries, page 20*

The Five-Star Weekend
***DRAMA** Sky Atlantic, 9pm & 10pm (box set, Sky Box Sets & NOW)*
Jennifer Garner stars in this adaptation of Elin Hilderbrand's bestseller. A luxury getaway with four of her friends is threatened by dark secrets. *See feature, p8*

■ Full listings start on **p85**

Friday 17

Heartstopper Forever
***DRAMA** Netflix*
The hit teen drama bids farewell with a feature-length film. As university looms and a long-distance future threatens to tear Nick and Charlie apart, can first love truly last for ever? *See Your Watchlist, p16*

Anaconda
***COMEDY** Sky Premiere, 9.15am & 8pm*
Jack Black and Paul Rudd (both above) star in this comedy about two friends who decide to head to the Amazon to remake their favourite 90s cult classic on the cheap. *See review, page 24*

The Hairdresser Mysteries
***DRAMA** BBC 1, 2pm (box set, BBC iPlayer)*
Sally Phillips stars as a 1970s-obsessed hairdresser who uses her intuition – and the fact that she is her clients' confidante – to solve local crimes. *See feature, p12*

Ann Droid
***COMEDY** BBC 1, 9.30pm (box set, iPlayer)*
Co-written by and starring Diane Morgan, this six-parter follows what happens when a widow (Sue Johnston) is gifted an eldercare robot by her son (Paul Ready). *See feature, page 12*

■ Full listings start on **p95**

Welcome to this week's issue of *TV&Streaming Week*. The summer of sport is still riding high with the World Cup quarter/semi-finals and Wimbledon finals all taking place. Plus, the 154th Open begins from Royal Birkdale and Rory McIlroy will be hoping to lift the Claret Jug. Netflix is premiering Will Ferrell's new golf comedy *The Hawk* on the same day as The Open begins. So when the golf gets serious, it is time to tune in for some light entertainment.

For those of you who enjoy *Grantchester*, MGM+'s *The Westies* stars Tom Brittney, who played Will Davenport in the crime drama. From nice-guy vicar to gang member, it's certainly a different look.

Enjoy your TV week.

Claire Ruck, Editor-in-Chief

4 Cover story
Tensions are high in *The Westies*, a crime drama set in 1980s New York, starring JK Simmons

6 TV Week
Scottish crime drama *The Dark*, Jennifer Garner stars in new drama *The Five-Star Weekend*, plus Diane Morgan's new comedy *Ann Droid*

9 Soap diary
This week's top stories

14 Your Watchlist
Anya Taylor-Joy stars in new thriller *Lucky*, plus Hannah Waddingham and Octavia Spencer in *Ride or Die*

20 Documentaries
The Odyssey with Dan Snow

22 Films
Millie Bobby Brown returns in period adventure *Enola Holmes 3*

28 Sport
The Open Championship, plus the Wimbledon finals

35 TV guide
Day-by-day TV listings

105 Kids' TV, Puzzle

106 Coming Soon

ALL TRANSMISSION DETAILS GIVEN ARE CORRECT AT THE TIME OF GOING TO PRESS. COVER PHOTOS: FRANK OCKENFELS 3/MGM+/PRIME VIDEO, GETTY. COURTESY OF NETFLIX, PRIME VIDEO. HOTLIST WORDS: LYNETTE BRIGHTON, RACHEL PRICE. HOTLIST PHOTOS: GETTY, DISNEY+

James 'Jimmy' Roarke
Tom Brittney
Eamon's ambitious protégé is determined to prove his worth to the boss while attempting to contain his wild-card childhood friend, Mickey.

Eamon Sweeney
JK Simmons
With a construction boom on his home turf, the Westies' leader eyes his next big moneymaker. But will his young, often unhinged, crew get in the way?

West Side

Tom Brittney and JK Simmons star in a gritty gangster saga set in 1980s New York

NEW DRAMA

The Westies

From Sunday 12 July, MGM+ (first two episodes from 12 July, then weekly)

Deadly rivalries, bullets and betrayal ignite MGM+'s gangland thriller *The Westies*, set in the 1980s in the Hell's Kitchen neighbourhood of New York, where the stakes are sky-high and the streets run red with blood.

Made by the creators of *Narcos* and *Godfather of Harlem*, the eight-part series is a fictionalised account of the rise of the infamously violent Irish-American crime syndicate the Westies, who had Manhattan's West Side in a chokehold during the Ronald Reagan era.

At their helm is shrewd leader Eamon Sweeney (JK Simmons), who spies an opportunity to profit from the construction of the Jacob Javits Convention Center, despite his gang being outnumbered 50-to-one by the Five Families of the Italian Mafia.

Charming but terrifying, Eamon relies on his right-hand man, Jimmy Roarke (Tom Brittney), to run his young crew. But when a new allegiance is forged with the Italian crime family the Gambinos, will their relationship survive?

'Eamon exerts his authority through cunning, brutality, street smarts and fearlessness,' Oscar-winning *Whiplash* star Simmons, 71, tells *TV&Streaming Week* during an exclusive chat. 'But this show doesn't pussyfoot around taking time to get to know the characters. I love how it just hits the ground running, and immediately jumps into conflict and mayhem.

DIVIDED LOYALTIES

'We all delved into some research into this period, but I moved to New York in my 20s, so I vaguely knew of the legend of the Westies.

'They were still there, but nobody was knocking me over on the way home from my table-waiting job, wanting my pocketful of tips. But I was a little paranoid.'

Stanley Morgan as Mickey

Jimmy with girlfriend Bridget

The story also follows Jimmy as he struggles to manage his erratic best friend, Mickey Flanagan (Stanley Morgan), who's recently been released from Bellevue Psychiatric Hospital. Can Jimmy keep the peace between the old and the new guard?

'Jimmy is Eamon's fiercely loyal lieutenant and also his sort of surrogate son, but there's some conflict in the gang and he has to be a bridge between the two generations,' explains Brittney, 35, who's best known for playing sleuthing vicar Will Davenport in ITV1's *Grantchester*.

'It's like a case of life imitating art because Jimmy wants to impress Eamon and love him in a way, and I wanted JK Simmons to love me, too! But this is exactly what I was looking for after *Grantchester* because I wanted the antithesis of that. Although you may think Jimmy is bad, there are sides of him that are very good.'

WORDS: REBECCA MAHONEY PHOTOS: GETTY, MGM+, ADOBE STOCK

Glenn Keenan
Titus Welliver
The troubled NYPD cop with connections to the Westies is pushed to the limit when his son is drawn into the gang's web.

Birdie Polk
Jessica Frances Dukes
The astute FBI agent spearheads a task force probing the Gambino crime family and recruits Glenn Keenan to help dismantle them from within.

NEW FROM MGM+

story

Elsewhere, morally compromised NYPD cop Glenn Keenan (Titus Welliver) is assigned to a task force investigating the Gambino family and its ties to the Westies. He grew up with Eamon, but his loyalty becomes even more conflicted when his son, Danny (Aidan Wojtak-Hissong), starts running errands for the Irish gang.

CONFLICT AND CHAOS

'Keenan is on Eamon's payroll, so when he's pulled into the Gambino squad, he doesn't want to be a part of it,' explains Welliver, 64, who starred as the titular detective in acclaimed US series *Bosch*. 'But they leverage him and he's given an ultimatum. It's so interesting for the audience to see how events unfold as Keenan makes some life-threatening decisions.

'I grew up in New York at that time and my cousins lived in Hell's Kitchen, so I knew the Westies. I also know people who were officers then and was able to mine them for some golden material. It's a very interesting, chaotic time in New York history and I gravitate towards anything that tells the story of my town.'

Downton Abbey's Allen Leech features as IRA cell leader Brendan Cahill, *Mayans M.C.*'s Sarah Bolger is an IRA operative and Jimmy's girlfriend Bridget Walsh and *Mayor of Kingstown*'s Hamish Allan-Headley plays real-life Gambino mobster John Gotti. *Ozark* star Jessica Frances Dukes rounds out the cast as FBI agent Birdie Polk, who heads up the Gambino task force.

'Birdie knows there's no way she can infiltrate this gang without having someone on the inside, so she brings in Keenan because he's the best person for the job – if he stays on the right side, that is,' smiles Dukes, 45. 'She knows you have to play dirty, but this is a moment in history when the entire law-enforcement family comes together.'

REAL CRIME

While the Italian Mafia often takes centre stage in gangland epics such as *The Godfather* and *Goodfellas*, another smaller organised-crime outfit was wreaking havoc in the Big Apple in the 1970s and 1980s.

With only 12-20 core members, Irish-American crew the Westies ruled the streets of New York's Hell's Kitchen and became legendary for their brutality and complex connections with the Five Families of the Italian Mafia. Their reign of drug-trafficking, extortion and executions only crumbled when second-in-command Francis 'Mickey' Featherstone was framed for murder, causing him to flip and testify against kingpin James 'Jimmy' Coonan.

Francis 'Mickey' Featherstone
James 'Jimmy' Coonan

'What surprised me most is the fierce sense of ethnic pride the Irish had, without the hidebound rules and regulations of their Italian cohorts in crime,' says *The Westies*' co-creator Chris Brancato. 'If the Italians were "organised crime", the Westies were "disorganised crime" – and that's always a recipe for drama.'

DC Crawford and DI Kennedy

MURDER in the mountains

A terrifying **serial killer** is on the loose in the Scottish Highlands

Monica (Laura Donnelly)

NEW CRIME DRAMA

The Dark

Sun & Mon, 9pm, ITV1 (box set, ITVX)

The hunt for a serial killer in the Scottish Highlands brings turmoil for a talented detective in ITV1's thriller *The Dark*.

Based on GR Halliday's novels, the six-part drama starts with two episodes this week. Laura Donnelly plays dogged Scottish cop DI Monica Kennedy, who, with her gung-ho new colleague DC Connor Crawford (*Trigger Point*'s Mark Rowley), is drawn into a disturbing case after a male body is found strategically positioned in the countryside.

The victim is identified as young man Jason, whose religious mother, Bethany Morgan (Helen Baxendale), and controlling stepfather, Barclay Adams (Emun Elliott), are already haunted by the unsolved disappearance of Bethany's older son, Nichol, which Monica also investigated.

SADISTIC SLAYER

When the body of another boy is discovered in similar circumstances, Monica realises that a sick murderer is targeting young men.

> **'I can't imagine this story being set anywhere else...'**
> LAURA DONNELLY

'Monica's all about instinct,' reveals Donnelly, whose previous credits include *The Nevers* and *Outlander*. 'She's been working in this community long enough to know that there are connections to the past. We see the effects that these crimes have on the people left behind.'

As Monica and Connor desperately try to prevent further deaths, they unravel a web of dark secrets among the locals, and an effective working partnership is gradually forged between them.

'Monica only really trusts her own brain, and doesn't feel like she needs anybody's help to solve this,' says Donnelly. 'Connor's innocent, and she doesn't have time to protect him or teach him. But he has a great instinct for who she is, so their relationship slowly develops.'

CULT CONNECTIONS

Further complications are added when a ghost from single mother Monica's troubled past resurfaces and with the help of her mother, Angela (Stella Gonet), she must fight to protect her young daughter, Lucy (Tamsin Jordan), from harm.

'Events circle around a cult that Monica had dealings with,' teases Donnelly. 'This experience colours how she sees things and

WORDS: CAREN CLARK. DAVID HOLLINGSWORTH. PHOTOS: ITV, SKY, HBO MAX

The killer

where she finds herself in relation to that past now. It's a multilayered tapestry.'

The drama marks Donnelly's first foray into playing a TV detective and she loved the opportunity to film against the spectacular backdrop of the Scottish Highlands.

'I love working in Scotland; I went to drama school there and it's beautiful,' enthuses the Belfast-born star. 'But *The Dark* isn't leaning into the picture-postcard idea. It's about the challenges that people face because of the landscape and the atmosphere they work in. I can't imagine this story being set anywhere else.'

WHO'S WHO IN *THE DARK*

DI Monica Kennedy
Laura Donnelly

The cop leads the search for a serial killer, but her own background has repercussions for her and daughter Lucy.

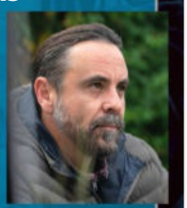
DC Connor Crawford
Mark Rowley

Monica's eager sidekick is thrilled to be working with her, but their first case together proves traumatic.

Bethany Morgan
Helen Baxendale

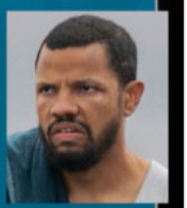
When the devout mother, whose older son Nichol is missing, is told of her younger child Jason's death, it unhinges her.

Barclay Adams
Emun Elliott



Bethany's husband carries out some shady work, but he is forced to face some dark truths following his stepson's murder.

Michael Bach
Tunji Kasim



Monica is keen to speak to the mysterious social worker, as he knew Nichol. Can he shed light on the new investigation?

Angela Kennedy
Stella Gonet

The grandmother helps daughter Monica care for Lucy, and she is concerned when ghosts from the past re-emerge.

Aegon (Tom Glynn-Carney)

Aegon reaches a new low after his epic fall from grace

Royal on the rocks

FANTASY DRAMA

House of the Dragon

From Mon 13 July, HBO Max (ep 4 of 8; released weekly); & Monday, 9pm, Sky Atlantic

King Aegon II is wondering if life can get any worse – and the petulant fallen monarch discovers it most certainly can as the *Game of Thrones* prequel continues.

Aegon's troubles began when he took the fateful decision to ride Sunfyre into battle – only for his devilish brother Aemond to blast him out of the sky, killing his beloved dragon and leaving him with terrible burns.

In Episode 4 of Season 3, we join Aegon, who has self-pityingly dubbed himself 'The King of Nothing', on the run with the rattish Lord Larys Strong, who managed to smuggle him out of the Red Keep at the end of the last season.

PAYBACK

Queen Rhaenyra has declared Aegon dead and he probably wishes he was when he's reduced to shovelling muck to earn shelter from his swarming enemies.

'The more tortured he becomes and the more we see him lose, the hungrier he becomes,' says 31-year-old star Tom Glynn-Carney, who plays Aegon. 'He has this insatiable appetite for revenge now. That's the fuel that pushes Aegon through Season 3.'

CAMARADERIE

The Salford-born actor says he has built up a great relationship with co-star Matthew Needham, who plays Larys.

Larys (Matthew Needham)

'There's a real love-hate relationship between them,' he reveals. 'The two of them become like squabbling brothers.'

Despite everything, Glynn-Carney doesn't believe Aegon is all bad.

'There's a vulnerability and fragility that makes him human. I do think he has an inherent need to be liked and respected,' he argues.

The actor, whose credits include *Dunkirk*, *SAS Rogue Heroes* and *The Jetty*, says he relishes playing problematic characters.

'I love it, I get a kick out of it,' he smiles. 'Aegon is a ball of energy, unpredictability and danger. And that's so much fun to play.'

Dru-Ann Jones
Regina Hall
The high-powered sports agent is facing a threat to her career after ill-judged comments about a client.

Gigi Ling
Gemma Chan
The airline pilot joins Hollis and her friends on the island – but is she hiding secrets?

Hollis Shaw
Jennifer Garner
The cook invites her friends to her home so that she can tackle her grief.

Sorrow shared

A grieving widow hosts a **girls' weekend** in the hope that it will help her heal

NEW DRAMA
The Five-Star Weekend
Thursday, 9pm & 10pm, Sky Atlantic (box set, Sky Box Sets & NOW)

***Alias* star Jennifer Garner** plays a celebrated food influencer who gets more than she bargained for when she hosts a weekend getaway for her friends in glossy Sky Atlantic drama *The Five-Star Weekend*.

The eight-part drama follows Hollis Shaw (Garner), who suffers a devastating loss when her husband Matthew is killed in a tragic traffic accident. As she deals with her grief, Hollis struggles to connect with her daughter Caroline (Harlow Jane), who has been away at college.

'Hollis is home alone with the dog and her cooking,' reveals Garner, 54. 'She's not wanting to show her daughter how she's grieving. She doesn't want to burden her. At the same time, she's almost scared of her daughter's grief. They're circling each other in this incredibly painful way.

'With Matthew gone, will Hollis be able to get some solace from her career, or will she shrink her life down? She needs to redefine her relationship with her daughter, and also her own sexuality and vitality.'

BATTLES AND BONDS

In a bid to overcome her grief, Hollis invites four friends, each from a different phase of her life, to stay at her luxury beach home on Nantucket for a girls' getaway.

Joining Hollis on the picturesque island are her unfiltered childhood pal Tatum (Chloë Sevigny); ex-college roommate Dru-Ann (Regina Hall); fellow mum Brooke (D'Arcy Carden); and airline pilot Gigi (Gemma Chan), who she connected with online after Matthew's death.

Each woman is battling with personal issues, and as they start to bond over good food and tequila, there are shocking revelations in store.

'There are so many layers to Gigi,' says *Humans* and *The Afterparty* star Chan, 43. 'She's a commercial airline pilot, so obviously on the

Childhood friends Hollis and Tatum

WORDS: SEAN MARLAND, GRACE MORRIS. PHOTOS: BBC, ITV, SKY, PEACOCK

Brooke Kirtley
D'Arcy Carden
The suburban mum bonded with Hollis when they were raising their children together.

Tatum McKenzie
Chloë Sevigny
Hollis' plain-speaking childhood pal is worried about a major health issue.

surface she has to have everything together. But we thought it was quite a fun idea to explore what she's like underneath all that. She really wants to be in control, but underneath she's kind of a hot mess.

'Gigi's had to move a lot, and she's never been able to form long-lasting female friendships. Throughout the weekend, it's something she realises she values and wants. She has a lot of secrets and a lot of issues that come to the fore over this weekend.'

The drama, which also stars Timothy Olyphant as Hollis' former high-school boyfriend Jack, is based on the bestselling novel by Elin Hilderbrand, and Garner believes the story will strike a chord with most female viewers.

'Elin writes beautifully for women of every age because she writes about connection, disconnection, and coming back together,' she says. 'She writes about women who are kind of a mess and not perfect. This story is so surprising because it goes really deep, and then it brightens up again. I hope that women watch it with their girlfriends.'

> **'This story is so surprising because it goes really deep, then it brightens up'**
> JENNIFER GARNER

STORY OF THE WEEK

SOAP WEEK

This week's soaps at a glance

Vicki confides in Sharon

EASTENDERS

Horror for Vicki and Ross as Joel returns to Walford!

» **Despite Vicki and** Ross' wedding going off with a few hitches, the couple have seemingly got their happily ever after. It was Vicki's secret fling with Zack that threw the event into disarray, but it was no easy feat in getting down the aisle in the first place. With Ross' son Joel being released after attacking Vicki, they hit a difficult point in their relationship on what would happen to the teen, but they managed to sort it.

Joel arrives out of the blue

This week, they return from their honeymoon, but their love bubble is popped when Zack arrives. However, he offers to move out and everything is good… until Joel turns up with his mum Cleo. Given that Ross promised Vicki she wouldn't have to live with him, it's a nightmare.

As Vicki has a heart-to-heart with her sister Sharon in the cafe, Avani and Amy, who were also victims of Joel's abuse, rile at Vicki for allowing him back in the Square. What will Vicki and Ross do?

» **PLUS** Ian's lawyer advises him to plead guilty, Denise gets bad news about her cancer treatment and later meets Sheila, and Phil is shocked when Sharon wants to sell her half of The Boxing Den.

ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET

» Betsy is rushed to hospital after she's found unconscious (above), Kit proposes to Sarah, who confesses that she killed Theo, Cassie reveals a sinister truth to Steve, and Mary gets her own back on Christina for her fraudulent spending.

EMMERDALE

» Mack attacks Ross and pushes him off the barn mezzanine (below), Vanessa learns a dark truth about Dr Todd, Charity attends a rape-victim support group, and Robert is rendered unconscious by a runaway trailer – was Serena responsible?

Enjoy Safe, Independent, Full Depth Bathing

At Easy2Bathe® we make it possible to enjoy a luxurious soak in the bath once again with our innovative, slimline lift design.

The easy-to-use handset will gently lower you into the bath, so you can enjoy the full luxury of a deep soak. Then, when you're ready, it smoothly raises you out again at the touch of a button. A rechargeable battery provides 20 baths between charges and for total convenience, the belt also retracts to the side so other members of the family can bathe hassle free.

Our expert installers will fit your Easy2Bathe® lift to the wall in just 1 hour, with no expensive bathroom alterations, building work or plumbing required. It's a cost effective option that keeps you bathing independently.

As a Which? Trusted trader, you can be confident we provide a gold-standard service, from initial consultation to installation. Experience Easy2Bathe® today in the comfort of your own home with a no-obligation dry demonstration, available nationwide.

DESIGNED BY THE EXPERTS...

- ✓ Safe, comfortable and reliable
- ✓ Lowers & raises you comfortably
- ✓ Fits into your existing bath
- ✓ Installs in just 1 hour
- ✓ Simple and safe to use
- ✓ Use up to 20 times between charging the battery

Which? Trusted Trader
Approved Installation Service

Trustpilot
We're Rated Excellent

For Your Free Brochure Or Home Demonstration

call **0800 083 0036**

or visit **easy2bathe.co.uk**

Easy2Bathe®

*Applies to products with a 3 year warranty. See website for full terms and conditions. Offer ends 31/07/26.

TVSAT07/07/26q

Rigby with Guy Amos as Lee Harvey

Emma Rigby as Andrews

NEW DRAMA

Under Suspicion: Tracie Andrews

Monday, 9pm, 5

Road to justice

Emma Rigby stars in a true-crime murder case that rocked Britain

The real Tracie Andrews

On 1 December 1996, 25-year-old Lee Harvey was stabbed 42 times in a frenzied attack on a remote country lane in Worcestershire. His fiancée, aspiring model Tracie Andrews, claimed he'd been killed by a mystery assailant in what she described as a terrifying road-rage attack.

But, within days, her fabricated story unravelled, exposing how she'd invented the road-rage horror to cover up the fact that she'd killed Harvey with a penknife in a fit of temper following years of jealous arguments.

The investigation made headlines for weeks, while Andrews went on to serve 14 years in jail.

Now, the harrowing case is revisited in 5's new true-crime drama *Under Suspicion: Tracie Andrews*, starring Emma Rigby (*Hollyoaks*) as Andrews, alongside newcomer Guy Amos as Harvey and Tomi May (*Andor*) as DS Brian Russell.

WEB OF LIES

'I'd never heard of Tracie Andrews before I was offered the role,' says Rigby, 36, who has also appeared in *Prisoners' Wives* and *Once Upon a Time in Wonderland*. 'But I read everything I could about the case, including a book, *Pure Evil*, written by Lee's mum, Maureen. I was shocked by the lengths Andrews went to, and by her level of detachment from the horrific crime she'd committed. She was almost blasé about what had happened. It was chilling.'

Based on expert evidence and police testimony, the drama moves between timelines, switching from the night of the murder to the moment Andrews brazenly takes part in a press conference appealing for witnesses, and the increasingly claustrophobic police interrogation as DS Russell clinically picks apart her web of lies, turning Andrews from a victim into a suspect.

Meanwhile, in one harrowing scene, the victim's mother, Maureen (J Alexandra Marriott), tells detectives how her son suffered previous incidents of domestic abuse, including once when Andrews hit him with a broken bottle and another time when she bit him in the neck.

Andrews with Harvey's parents at a police appeal

'We used the actual recordings of the police statements, so a lot of the script is verbatim,' comments Rigby. 'Andrews showed no remorse. She was weirdly unemotional.

PRESSURE POINTS

'Filming those interrogation scenes was really challenging. You really get a sense of being in a confined space, like a pressure cooker, and I really hope the audience can feel that tension.

'But at the same time, we don't want to sensationalise Andrews' story or give her any more of the limelight. It is important that Lee's death isn't overshadowed.'

WORDS: HANNAH DAVIES. PHOTOS: 5, SHUTTERSTOCK

LOOK WHO'S BACK...

A familiar face making a new appearance this week

Toby Jones

Who Do You Think You Are?

Thursday, 9pm, BBC1

Born in London in 1966, Toby Jones has won acclaim for his roles as treasure hunter Lance (inset) in BBC comedy *Detectorists* and campaigner Sir Alan Bates in ITV1's real-life drama *Mr Bates Vs The Post Office*. Other small-screen credits include *Marvellous*, *The Secret Agent*, *The Girl*, *The Hack* and *Hijack*, while his movie CV features *Tinker Tailor Soldier Spy*, the Hunger Games series, 2016's *Dad's Army* reboot, and the voice of Dobby in the Harry Potter franchise.

HIS NEW APPEARANCE

In this week's *Who Do You Think You Are?*, Jones travels to India in the footsteps of his great-great-grandparents – John Jones and Jane Burns – who married in Meerut in 1855, before later settling in Britain. Meanwhile, in Margate, Kent, he traces several generations of theatrical folk, including his ancestor Sarah Thorne, who, in the 19th century, ran the Theatre Royal in the town. 'Sarah was a fascinating matriarch,' reflects Jones, 59. 'It's so interesting hearing where you come from and what made you.'

Toby Jones

WORDS: CAREN CLARK; MICHAEL DARLING, TESS LAMACRAFT RICHARD MCCLURE, STEVEN PERKINS. PHOTOS: BBC, ITV, SKY, C4

Bot about the house

Diane Morgan plays a robot carer to a fiery widow

NEW COMEDY

Ann Droid

Friday, 9.30pm, BBC1 (box set, BBC iPlayer)

Last One Laughing and *Motherland* star Diane Morgan was reading a newspaper a few years ago when she chanced upon a story that gave her the hilarious idea for her new BBC1 comedy *Ann Droid*.

'I was reading an article about how, in the near future, older people who didn't have kids could end up with robots looking after them,' she recalls. 'I thought, "Well, I don't have kids. This will be me. I'll be fed soup by a robot!"'

Stars Paul Ready and Sue Johnston

ARTIFICIAL AID

Set in 2029, six-parter *Ann Droid* stars Sue Johnston as elderly widow Sue, who feels very affronted when her son Michael (Paul Ready) announces he's bought a robot to care for her at home after she is discharged from hospital following a fall.

Michael reveals he won't be on hand to look after Sue as he's moving back in with his cheating wife, Renee (Andrea Valls), who has been having an affair with her martial-arts instructor.

'Sue is fiercely independent,' explains *The Royle Family* and *Riot Women* star Johnston, 82. 'She lost her husband a couple of years ago and although Michael thinks he's doing this wonderful

Combing for clues

Sally Phillips stars as a hairstylist with a knack for sleuthing

NEW DRAMA

The Hairdresser Mysteries

Fri, 2pm, BBC1 (box set, BBC iPlayer)

TV detectives come in many forms, from priests and nuns to antique dealers and cruise-ship singers – and now a crime-solving crimper joins the ranks in BBC1's new drama *The Hairdresser Mysteries*.

Created by writer Jim Cartwright, the six-part series stars *Austin's* Sally Phillips as Lily Petal, a hairstylist who is obsessed with the 1970s. She has now moved to the small town of Blossom Vale to open up her own salon.

'Hairdressers are holders of secrets, so Lily's heard so much over the years,' Phillips, 56, tells *TV&Streaming Week*. 'In a Miss Marple sort of way, she's learnt a lot about human nature.'

In the opening episode, a priceless antique goes missing just before a kleptomaniac is killed by a collapsing pile of her own possessions. While PC Adam Watson (Ben Castle-Gibb) considers the death an accident, Lily and her apprentice Clary Coombs (Charlotte Jordan) investigate, with a little help from town gossip Wincey Evans (*Professor T*'s Sunetra Sarker).

Phillips was keen to be as convincing as possible when preparing to play a hairstylist, but admits she found filming the salon scenes tricky.

'Our amazing make-up department were all trained hairdressers, and they would come in and demonstrate,' she recalls. 'A good haircut is basically geometry.'

Linda gives Sue a helping hand

thing by buying her a robot, Sue is horrified. She doesn't want it.'

RESISTANCE

When the reconditioned robot, played by Morgan, is delivered to Sue's doorstep the straight-talking pensioner is adamant she will be sending it back immediately.

'The series is also inspired by the time I bought my mum an iPad in lockdown so she could do online shopping – she reacted like I'd sent her a nail bomb,' smiles Morgan.

However, Sue gradually takes a shine to her new robot, which she names Linda and which becomes a companion as she goes about her daily life. Meanwhile, Morgan, 50, admits that playing a robot was challenging.

'It was hard doing all the movements,' says the *Mandy* star. 'I made the decision early on that Linda shouldn't blink, which was a stupid idea, especially when you're filming outside and the wind is blowing in your eyes!'

Lily, Clary, Wincey and PC Adam

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

The Sentinels NEW

Saturday, 9pm & 9.50pm, BBC4 (box set, BBC iPlayer)

This eight-part French sci-fi drama is based on a series of graphic novels and set at the outbreak of World War One. Wounded soldier Gabriel Ferraud (Louis Peres, above) is recruited into a top-secret French military programme designed to create enhanced humans. Injected with a serum that gives him extraordinary strength and speed, he joins an elite unit known as the Sentinels – but uncovers a terrifying truth...

Tom Kerridge Cooks Italy NEW

Thursday, 7.30pm, ITV1

Following his previous series *Tom Kerridge Cooks Britain* and *Tom Kerridge Cooks Spain*, the chef (right) is back on the road in his vintage food truck for a six-part culinary adventure across Italy, meeting local producers and cooking regional recipes in each location. He begins in Calabria, where he takes in a chilli festival, before heading to a Puglia grape farm.

The Piano NEW

Sunday, 9pm, C4

As Claudia Winkleman's talent show pulls in at railway stations for a fourth series, Mika (pictured with Winkleman) is joined by top musicians who will act as fellow mentors for the amateur pianists. The new run kicks off in Birmingham, where US pianist Tiffany Poon is the guest talent spotter, with Jamie Cullum and Jools Holland appearing later in the series.

Animal Control NEW

Saturday & Sunday, times vary, Sky One (box set, Sky Box Sets & NOW)

Recently renewed in the US, Season 1 of the comedy comes to Sky One, with all four seasons – including previously unseen Seasons 3 and 4 – available on demand. Joel McHale, Michael Rowland and Ravi Patel (all pictured) star as members of a Seattle animal-control centre.

● *Seasons 1 & 2 previously shown on E4*

WATCHLIST

YOUR

NETFLIX

prime

BBC iPLAYER

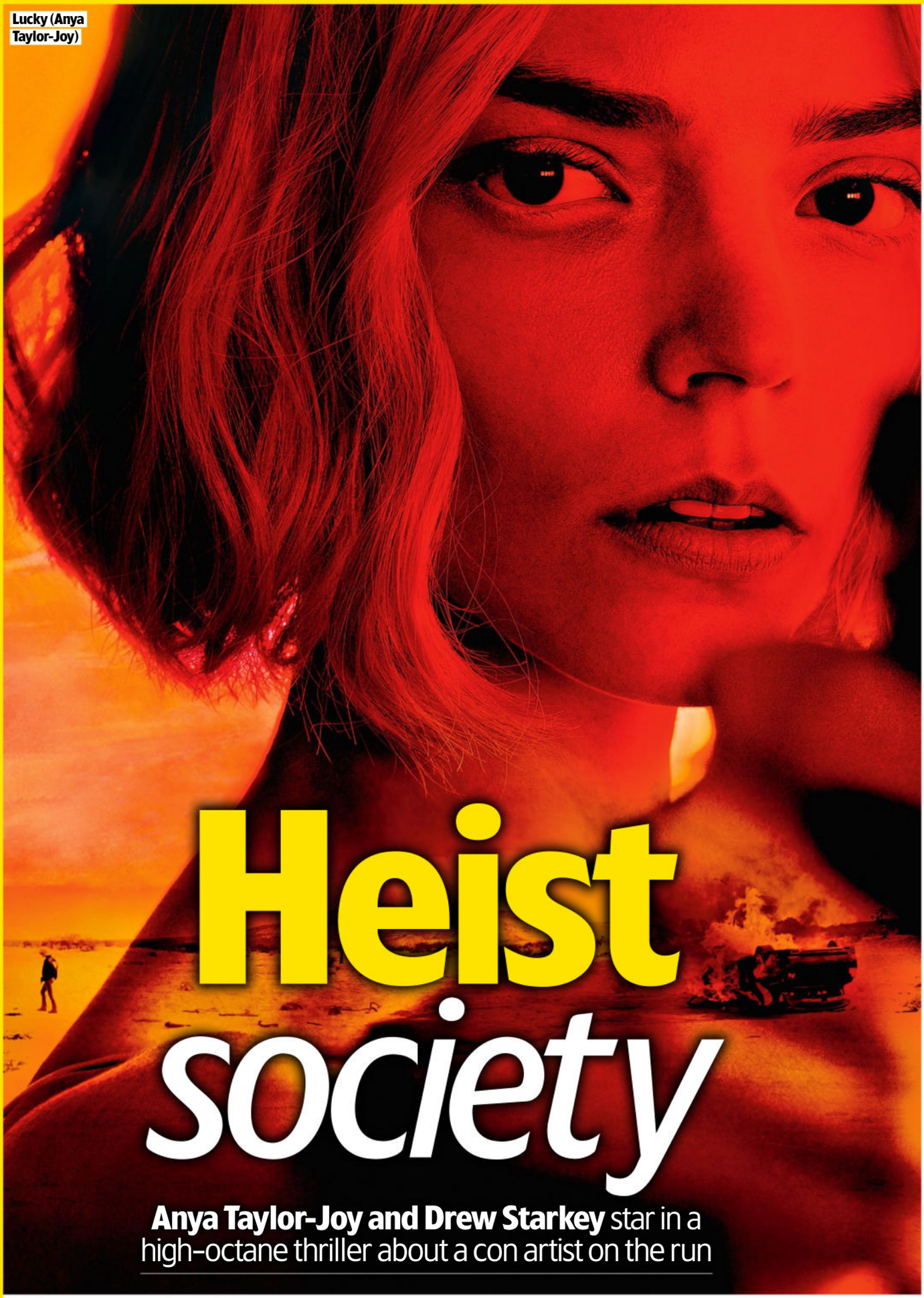
Disney+

4

Paramount+

HBO max

tv



Lucky (Anya Taylor-Joy)

Heist society

Anya Taylor-Joy and Drew Starkey star in a high-octane thriller about a con artist on the run

Lucky

NEW *Available: Wednesday 15 July*
Genre: Thriller Season: 1 Episodes: 7 (first two episodes from Wednesday 15 July, then weekly)

The fallout from a robbery results in a deadly cat-and-mouse chase across America in Apple TV's action-packed drama *Lucky*.

Based on the novel by Marissa Stapley, the thriller stars Anya Taylor-Joy as shrewd, morally conflicted Luciana 'Lucky' Armstrong, whose colourful but traumatic childhood saw her witness numerous scams being carried out by her charismatic con-man dad John (Timothy Olyphant).

Annette Bening as Priscilla

Timothy Olyphant as John

BIG SCORE

John is currently in prison, while Lucky is married to Cary Masterson (Drew Starkey) – the charming but troubled son of terrifying crime boss Priscilla (Annette Bening) – and the young couple become embroiled with a lucrative heist that could set them up for life.

'In a way, Lucky and Cary are both dating a version of their parents,' explains *The Queen's Gambit*'s Taylor-Joy, 30. 'But they're also desperately trying to move away from that and not play out those roles again.'

'Cary is in revolt and confrontation with the road laid out in front of him,' agrees Starkey, 32, whose credits include *Outer Banks*. 'Lucky has had incredibly similar life experiences and now they're able to shape their own fate.'

The morning after the theft, however, Lucky wakes up in Las Vegas to find Cary gone, along with the money, and she then faces a desperate battle to find him and the cash. Priscilla and sinister fellow gangster Wayne Whittaker (William Fichtner) will also stop at nothing to track down Lucky and the windfall.

THRILL OF THE CHASE

Meanwhile, determined FBI agent Billie Rand (Aunjanue Ellis-Taylor) is on Lucky's trail, too. As Lucky lives off her wits and adopts a range of new identities, can she evade her pursuers?

'I fell in love with Lucky in the book – the enigma of her intrigued me. She can never sit still, she has to keep moving to survive,' shares Taylor-Joy. 'She's like a cat being dropped into hot water consistently and she's just scraping by.'

During their attempts to avoid capture, both Lucky and Cary end up in countless dangerous situations, particularly during a high-speed car chase, which was hair-raising to film.

'There were terrifying moments,' admits Starkey. 'The car was operated [by stunt drivers] from the top, and in between takes it would still be moving. I had to catch my breath a few times.'

What we're watching...

The shows being enjoyed by the *TVSW* team

Harlan Coben's I Will Find You

Genre: Thriller Season: 1 Episodes: 8

There are twists and turns, conspiracies and corruption in the latest entertaining thriller based on a Harlan Coben crime novel. Sam Worthington (best known for the Avatar movies) stars as David Burroughs, who is five years into a life sentence for killing his son Matthew. But David's life changes when his former sister-in-law Rachel (*Severance*'s Britt Lower) visits him in prison and tells him she thinks that Matthew is still alive. A prison break and a complicated journey to the truth follow.

Sugar

Genre: Sci-fi Season: 2 Eps: 8 (released weekly)

Colin Farrell (right) epitomises cool as film-loving LA private eye John Sugar, who is an alien, in the second season of the stylish neo-noir thriller. This time, John is searching for a boxer's brother.

The Simpsons: Extreme Makeover – Homer Edition

Genre: Animation Episodes: One-off

In a new double episode, Marge fantasises hubby Homer (right) as a *Top Gun* fighter pilot, a 50s corporate executive and a version of the Joker.

Now in production...

Three upcoming shows to look out for soon

Danger Money

Ray Winstone (above) will star in Prime Video's action comedy as Alan 'Razor' Sharp, a former member of the SAS who remains troubled by a mission that went wrong many years ago. But when an old pal makes him an offer, Alan returns to a very risky world.

Dutton Ranch

Paramount+'s spin-off from *Yellowstone*, in which Cole Hauser and Kelly Reilly (both above) step back into their roles as Rip Wheeler and Beth Dutton, will return for a second run as the couple face fresh obstacles in their bid to forge a new life together in Texas.

Millie Bobby Brown

The actor (above) will reunite with *Stranger Things* co-star David Harbour for an as-yet-untitled Netflix spy drama, penned by Jack Thorne, about an FBI agent who vanishes – so her disgraced ex-operative father must track her down.

WORDS: CAREN CLARK. JUDY EWENS. PHOTOS: APPLE TV, GETTY, NETFLIX, FOX/DISNEY+

Locke and Connor as Charlie and Nick

School's out

The *Heartstopper* gang sign off in a **feature-length finale**

NETFLIX Heartstopper Forever

NEW *Available: Friday 17 July*
Genre: Drama

After three seasons exploring the trials and tribulations of first love in the LGBTQ+ community, the gang from Truham-Higgs schools bid a fond farewell this week in feature-length final episode *Heartstopper Forever*.

Teenage sweethearts Charlie Spring (Joe Locke) and Nick Nelson (Kit Connor) are facing their biggest challenge yet as Nick – who's one year older – applies to university, meaning the pair could be facing a long-distance relationship.

'Nick is at a point where his life is about to change a lot,' says Connor, 22. 'His anxiety really comes through in this fear of the unknown; he's desperately trying to work out how every possible outcome will affect his life and his relationship with Charlie.'

Meanwhile, Charlie is standing for election as head boy on an anti-bullying platform, hoping to ensure no other pupil will have to endure the homophobic abuse that he did.

'A lot of this film is seeing Charlie in his power,' says Locke, 22. 'He's very confident – he's grown up. It was really nice to be able to play that with the self-assuredness I have in myself now, compared to when we were filming Season 1 five years ago.'

Anna Maxwell Martin as Sarah

As ever, there are some big-name stars playing the adult characters, with a guest appearance from Sir Derek Jacobi as a customer at the coffee shop where Charlie works, and *Ludwig*'s Anna Maxwell Martin taking over the role of Nick's mum Sarah from Olivia Colman, who was unable to return for the special.

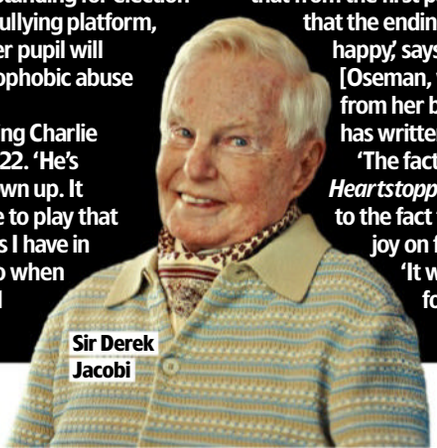
'Anna was brilliant,' says Connor. 'It's a tough gig to come in and fill the shoes of someone like Olivia Colman, but I think Anna is one of the few actors who could do it.'

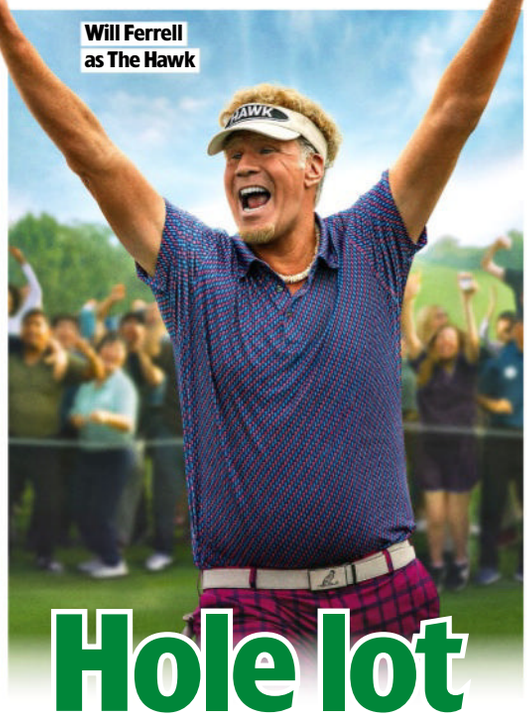
HAPPY EVER AFTER?

While this is the final outing for *Heartstopper*, the stars hope its message of optimism will resonate for years to come.

'One of the nice things about *Heartstopper* is that from the first part of Season 1, you know that the ending is always going to be happy,' says Locke. 'I think Alice [Oseman, who adapted the series from her bestselling graphic novels] has written the perfect ending.'

'The fact that people still love *Heartstopper* so much is a testament to the fact that they love to see queer joy on full display,' adds Connor. 'It will always be important for people to feel seen and heard and loved.'


Sir Derek Jacobi


Will Ferrell as The Hawk

Hole lot of fun!

Will Ferrell is a has-been golfer plotting a comeback

NETFLIX The Hawk

NEW *Available: Thursday 16 July Genre: Comedy*
Season: 1 Episodes: 10

Lonnie 'The Hawk' Hawkins has fallen a long way since he led the PGA Tour during his glory days, but he makes one final bid to turn back the clock in Netflix's 10-part comedy *The Hawk*.

The washed-up pro, played by Will Ferrell, won three of the four golfing majors during his noughties heyday, but since then, he has tumbled down the rankings and been overtaken by a new generation of players.

Luke Wilson as Golden Fisk

SWINGING TO WIN

One of those young rivals is his son Lance (Jimmy Tatro), and when Lonnie hears that people are now calling Lance 'The Hawk', he vows to win the one major that's always eluded him – the US Open.

'This was a great opportunity to send up golf and the PGA in a way that hadn't been done before,' says Ferrell, who turns 59 on 16 July and who co-created the show. 'It's an old-school comedy with horribly unredeemable characters. Lonnie is a narcissist who only wants to win!'

Lonnie also hopes to win back his ex Stacy (Molly Shannon) by regaining his form. Yet if he's to ever return to being No 1, he knows he'll have to get past his old rival Golden Fisk (Luke Wilson).

'I played a fair amount of golf when filming,' says Ferrell. 'I've got a little bit better and I'm a 17 handicap, so I'm good enough to film myself swinging a club!'

WORDS: CAREN CLARK, TESS LAMACRAFT, SEAN MARLAND, STEVEN PERKINS. PHOTOS: 5, BBC, NETFLIX, PRIME VIDEO, SKY, CBS

Waddingham and Spencer

Fatal friendship

Can **Hannah Waddingham and Octavia Spencer** escape with their lives in a contract-killer caper?

prime Ride or Die

NEW *Available: Wednesday 15 July*
Genre: Action comedy Season: 1 Episodes: 8

There's a *Thelma & Louise* vibe to Prime Video's new action comedy *Ride or Die*, which sees two best friends become embroiled in a contract killing that goes disastrously wrong.

British accountant Judith (*Ted Lasso*'s Hannah Waddingham) and American stay-at-home mum Debbie (*The Help*'s Octavia Spencer) have enjoyed a close friendship for decades, but as the eight-parter begins, Debbie is aghast to discover that Judith has been leading a double life. She is not the accountant she purports to be, but works undercover as a secret assassin called Whiptail.

'To learn that a friend you have loved for half your life is not who you think they are is completely destabilising,' says Spencer.

The truth emerges at a swanky charity event where Whiptail is tasked with assassinating evil criminal Billy Donovan (Ed Skrein). However, unbeknown to her, Debbie is also attending with her British politician husband David (Jamie Parker), who has ambitions to become the UK's next Prime Minister.

GAME CHANGERS

When the hit doesn't go as planned and there are numerous fatalities, Judith is forced to reveal her secret identity to Debbie, who is already reeling after David delivers some shattering news.

'Suddenly the key relationships in Debbie's life are failing and she begins to wonder how she could have got things so wrong,' says Spencer, 56.

Bill Nighy as The Director

With Judith's double life exposed, the two women are forced to go on the run, while the series also introduces us to a sinister character called The Director, played by Bill Nighy.

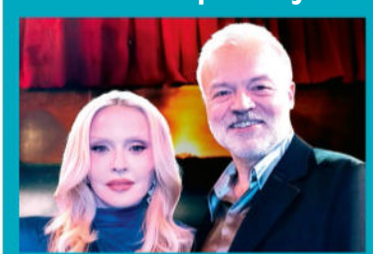
FULL THROTTLE

'The beating heart of this show is the friendship between the two women. It doesn't matter how many guns are shot, people slain or cars rolled, it's their friendship that is at the heart,' says Waddingham, 51, who relished doing many of her own stunts.

'This part was so much fun. Octavia and I couldn't go into it half mast. We were full tilt the entire time and it was so empowering.'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up



BBC iPLAYER

Madonna & Graham

In a BBC1 chat with Graham Norton, the 'Queen of Pop' speaks about how her reconciliation with her brother Christopher before his death in 2024 inspired a song on her new album *Confessions II*.

5

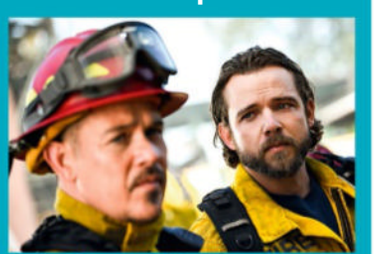
Alexander Armstrong Across America

The presenter begins his 5 travelogue in Philadelphia, where he witnesses the impact of the opioid crisis. He also sings with a Pennsylvania Dutch family (above) and meets a rowing team.

BBC iPLAYER

What Happened at the Somme?

BBC1's film marking 110 years since the devastating World War One campaign sees broadcaster Jordan Dunbar (above) learn more about his great-grandfather's experiences in the battle.



sky box sets NOW Virgin media

Fire Country

As the fourth run of Sky Witness' firefighter drama kicks off, Bode (Max Thieriot, above right) and the team are dealing with the aftermath of the disaster at a care facility that claimed the life of one of their own.

ADVERTISEMENT

90 DAY RISK-FREE HOME TRIAL

Put a STOP to Joint Pain In Just 10 Minutes a Day*

New Pain Relief Device Clinically Tested by King's College Hospital NHS Foundation Trust

Class IIa MEDICAL DEVICE

"It worked better than I expected, within just a few weeks I had more movement and less pain."
MRS SORRELL.

If you suffer with arthritis, sciatica, back pain or everyday aches and stiffness, now you can get drug-free relief in your own home with MEDICUR® PRO.

NEW: Clinically Proven Pain Device For Home Use

MEDICUR PRO is a Class IIa medical device for drug-free pain relief designed to reduce pain and stiffness associated with osteoarthritis, rheumatoid arthritis and general aches. Designed for use in the comfort of your own home.

Previously Only Available in Clinics

Pulsed Electromagnetic Field Therapy (PEMF) has been used for years in clinics and hospitals. But these devices can be expensive costing up to thousands of pounds. Now, thanks to advances in technology, and due to huge demand we have been able to reduce the production cost and pass on the savings to offer the portable **MEDICUR® PRO** at a fraction of the cost. Don't delay, you could start your treatment in as little as a couple of days. No waiting times!

Targets Pain At The Source

Unlike other treatments that simply mask discomfort and pain, **MEDICUR® PRO** works at a deeper level. It actively creates complex electromagnetic fields that act at a cellular level within the body to reduce pain. It's so easy to use, simply place the **MEDICUR® PRO** over the area of discomfort and select the frequency level, leave in place (or secure with provided strap) for just 10 minutes and let it get to work. The therapeutic waves radiate up to 30cm giving good coverage and even works through clothing.

Significant Pain Reduction

There have been thousands of studies into PEMF technology. One notably, King's College Hospital, carried out a randomized, placebo-controlled, double-blind study using the **MEDICUR® PRO** device on patients with knee pain and other joint pain. After 2 weeks there was a reduction in pain, and further improvement after 4 weeks and a significant reduction by week 6.

Arthritis, nerve damage and general aches

Our new 5th Generation, **MEDICUR® PRO** has proven itself to be our best and most reliable pain relief device. It uses 3 levels of frequency: 3Hz, 7.8Hz an 20Hz, which offer subtle differences in the rate at which the complex electromagnetic fields are transmitted. Each treatment lasts for just 10 minutes*, after which this clever device will automatically switch off. *It is recommended you treat the painful area 3 times a day to get maximum benefits.

Suggested usage

The device is so lightweight and discreet, you can secure it with the included strap and go about your normal day.

CONDITION	MORNING	AFTER NOON	4pm ONWARDS
ARTHRITIS INFLAMMATION FATIGUE	20Hz	7.8Hz	3Hz
NERVE ISSUES SCIATICA	3Hz	3Hz	3Hz
GENERAL ACHES	7.8Hz	7.8Hz	3Hz

UK CA 0086

Try it Risk-Free for 90 days

We are so confident that you'll feel a difference, that's why we can offer a 90-day Money Back Guarantee. If during the 90-day trial period you are not 100% satisfied with the results simply return it for a full refund (exc p&p).

Join Over 100,000 Satisfied users

"From feeling such despair to now being able to live a normal life and being able to carry on living independently"
★★★★★ MRS M.PHILLIPS

"I have found it most helpful and has given relief far quicker than I thought it would."
★★★★★ MR P. HARRIS

"Excellent service and the Medicur Pro really works wonders."
★★★★★ MRS P. THOMAS

"I use the MEDICUR PRO every day, 3 times a day. I was a bit cynical at first but after just 4 weeks I am already noticing a difference."
★★★★★ MR J BAILEY

MEDICUR® PRO Drug-Free Home Treatment

- ✓ Class IIa Medical Device
- ✓ Clinically Tested
- ✓ Pain & Stiffness Relief
- ✓ 10-minute Treatments
- ✓ Promotes Natural Healing
- ✓ Lightweight & Easy to Use
- ✓ Strap included to secure
- ✓ 90-Day Risk-Free Trial
- ✓ 2-Year Guarantee

MADE IN UK

90 DAY RISK-FREE HOME TRIAL

GUARANTEED RESULTS - or your money back!

3 Ways to Order

1. **FREEPHONE 0800 161 5670**
Quote code **PM09** when ordering

2. Or order online:
www.SnowdenHealthcare.co.uk
Use code **PM09** at checkout for £150 discount!

3. or complete & return coupon

INTEREST FREE PAYMENT OPTION AVAILABLE

Please post coupon to: **FREEPOST RUCA-CCJH-KLXJ, Snowden Healthcare Ltd, Unit 4, Finch Close, Nottingham NG7 2NN** MEDIA CODE **PM09**

Please tick

SAVE £150!
RRP £349
☐ NOW ONLY £199
+£4.95 P&P = £203.95

☐ Interest free payments x3
Pay only £66.33

☐ BUY 2 SAVE £340
RRP £698
NOW ONLY £358
+£4.95 P&P = £362.95

Quote code PM09 to get your discount!

I enclose cheque / PO payable to Snowden Ltd. for £:
Or please charge my VISA or MASTERCARD credit/debit card:

Expiry Date: Security Code: Signature

Name

Address

Postcode

Email

Please add your telephone number for courier / delivery updates:

T&Cs: Delivery normally within a week, but please allow 14 days. All returns are subject to a £2.95 processing fee. If you're not delighted with your product, return for a refund (less P&P), in its original condition and packaging to Snowden Healthcare, Finch Close, Nottingham NG7 2NN.

SNOWDEN

Pick of the new releases

The best new shows to enjoy this week on streaming services...

Murder on the M25: Who Killed Stephen Cameron?

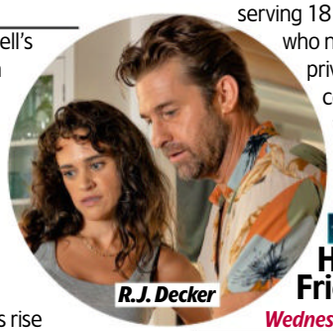
Saturday 11 July

Documentary about the murder of 21-year-old Stephen Cameron during a road-rage incident in Kent in 1996. His killer fled the county and it was months before the police realised that he was Kenneth Noye, who had been on licence following his conviction for involvement in the Brink's-Mat heist.

The Westies

Sunday 12 July

Crime drama set in Hell's Kitchen, New York, in the 1980s. A brutal Irish gang, the Westies, have their sights set on profiting from a construction project, despite being heavily outnumbered by the Italian Mafia. Tensions rise further when the FBI starts investigating. JK Simmons and *Bosch*'s Titus Welliver star. See feature, page 4.



R.J. Decker

Love Is Blind: UK – After the Altar

Sunday 12 July

A three-episode special catches up with the couples and ex-couples to see where life – and love – has taken them since the end of the second season of the British version of the reality show.

Murder 101

Monday 13 July

True-crime docuseries based on a podcast. It centres on a Tennessee high-school class and their sociology and history teacher Alex Campbell, who delve into decades-old cold cases, uncovering new leads and bringing fresh attention to the victims.

Hot Ones: Extra Heat

Monday 13 July

In a series of specials, host Sean Evans challenges celebrities to answer spicy questions while eating spicier wings. He begins with Will Ferrell and other stars of golfing comedy *The Hawk* (see below).

R.J. Decker

Tuesday 14 July

Grey's Anatomy's Scott Speedman takes the title role of a charming, disgraced newspaper photographer, newly released from prison after serving 18 months for assault, who now makes a living as a private investigator in the colourful, crime-filled world of South Florida. *Station 19*'s Jaina Lee Ortiz co-stars.

Spidey and His Amazing Friends

Wednesday 15 July

The fifth season of the animated series for preschoolers follows the adventures of young incarnations of Peter Parker, AKA Spidey, and his pals as they fight villains across New York.

Lucky

Wednesday 15 July

Crime thriller starring *The Queen's Gambit*'s Anya Taylor-Joy as Lucky, a con artist forced to go on the run from both the FBI and a ruthless crime boss (*Dutton Ranch*'s Annette Bening) after a multimillion-dollar heist. *Justified*'s Timothy Olyphant plays Lucky's dad. See feature, page 14.

Ride or Die

Wednesday 15 July

Action comedy. Debbie (Octavia Spencer) thought she knew everything about her long-time best friend, Judith (Hannah Waddingham), until Judith confesses that she's an international assassin. After a hit goes wrong, the pair are forced to go on the run together across Europe. Bill Nighy co-stars. See feature, page 17.

Descendants: Wicked Wonderland

Friday 17 July

The fifth instalment of the musical-fantasy franchise explores what happily ever after really means for Red (Kylie Cantrall), the daughter of the Queen of Hearts, and Chloe (Malia Baker), the daughter of Cinderella and Prince Charming, following their time-travelling adventures in the 2024 film *Descendants: The Rise of Red*.

The Cult of NatureBoy

Wednesday 15 July

Docuseries about Eligio Bishop, also known as NatureBoy, an American former spiritual influencer and leader of the coercive, off-the-grid community he called Carbon Nation. But what began as an alternative-lifestyle community quickly evolved into something far more sinister.

The Hawk

Thursday 16 July

Comedy co-created and starring Will Ferrell as Lonnie 'The Hawk' Hawkins, an aging golf pro. Lonnie is chasing one final major championship to complete a historic Grand Slam and stage the ultimate comeback against his own prodigy son. See feature, page 16.

Chorus Girls

Friday 17 July

Danish dark comedy drama from Walter Presents set in the mid-1970s. Eight young women strive to make it as dancers at a revue show while dealing with chauvinism and exploitation by finding strength in togetherness.

Heartstopper Forever

Friday 17 July

After three seasons, the coming-of-age romantic drama concludes with this feature film. Nick (Kit Connor) and Charlie (Joe Locke) face the ultimate challenge of early adulthood – surviving a long-distance relationship, as Nick prepares to go to university, hundreds of miles away. See feature, page 16.

The East Palace

Friday 17 July

South Korean dark fantasy mystery. A man who can walk the spirit world and a lady of the royal court who can communicate with the dead are summoned by the king to unearth the hidden secrets of the cursed palace.

Jesy Nelson: Life Changing

Friday 17 July

Documentary about former Little Mix singer Jesy Nelson as she comes to terms with her twin daughters being diagnosed with spinal muscular atrophy (SMA) and finds her footing as a single mother after the break-up of her relationship with musician Zion Foster.

23 000 Lives

Friday 17 July

German drama inspired by the true story of the work of Jugend Rettet, a Berlin-based non-governmental organisation (NGO). A group of young people set out to rescue refugees in distress in the Mediterranean, but their understanding of the law and justice is soon put to a severe test.

WORDS: JUDY EWENS. PHOTOS: ©2026 DISNEY & ITS RELATED ENTITIES, NETFLIX

Documentaries

Snow in Greece's Acheron river

Dan Snow retraces the epic voyage of Greek warrior Odysseus

NEW FACTUAL

The Odyssey with Dan Snow

Thursday, 9pm, 5

The *Odyssey* was written almost 3,000 years ago, but the epic adventure has gripped imaginations ever since.

Film director Sir Christopher Nolan is bringing the ancient story to life with his highly anticipated Hollywood blockbuster *The Odyssey*, starring Matt Damon, Anne Hathaway, Tom Holland and Zendaya, which will hit cinemas from 17 July.

But Nolan isn't the only person fascinated by Homer's narrative poem. This week, presenter and historian Dan Snow embarks on a voyage of his own as he journeys across the Ionian Sea to trace the fictional hero King Odysseus' 20-year quest to return home.

Matt Damon and Zendaya

Myths & monsters

How to Trick Your Way onto the Property Ladder

Monday, 10pm, C4

Rising house prices have made it hard for many first-time buyers to get on to the property ladder. In this one-off, comedian Oobah Butler (above) tries to help two young renters from Liverpool buy their first home by any means possible, from hypnotising an estate agent to stealing a house from King Charles.

Fake or Fortune?

Thursday, 8pm, BBC1

As the series returns, Fiona Bruce and art historian Philip Mould (right) dig into the history of a possible piece by famous jeweller Fabergé, which could be worth £300,000. Shop manager Rachael, from Liverpool, inherited the delicate crafted silver and enamel flower from her late step-grandmother, Mary, who had connections with Eastern European royalty. But is it the genuine article?

Outback Terror: the Falconio Murder

Monday, 9pm & 10pm, U&W (box set, U)

On 14 July 2001, British tourist Peter Falconio was driving along a highway in Australia's Northern Territory with his girlfriend Joanne Lees (both above) when the couple were ambushed by a truck driver who killed Falconio and handcuffed Lees, who managed to escape. This two-parter revisits the crime…

WORDS: NATASHA HOLT, IAN MACEWAN. PHOTOS: 5, ALAMY, BBC, C4, GETTY, ©UNIVERSAL

The Trojan Horse

Sailing on the Ionian Sea

'A man goes on an adventure. Battles monsters. Takes everything nature and bad luck can throw at him. Just wants to get home to his wife, son and peace,' says Snow, 47. 'It's the template for every story that has come since.

'I've made history programmes for 25 years, but I have always dreamt of the big one – sailing in the Mediterranean on the hunt for Odysseus and the *Odyssey*.'

JOURNEY OF DISCOVERY

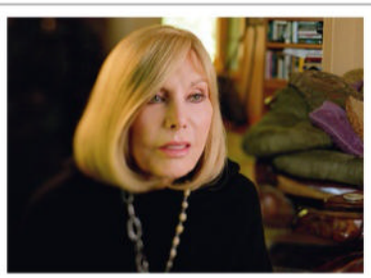
Along the way, Snow explores some of the real locations that appear in the *Odyssey*, from Troy, where Odysseus devised the idea of the Trojan Horse, to the ancient Greek city of Mycenae and Odysseus' island home of Ithaca.

He will also delve into some of the most famous stories from the tales, including Odysseus' battle with the mighty Cyclops and how he resisted the temptation of the Sirens, whose songs made sailors crash their ships.

Snow's journey also takes him to secret caves, mysterious islands, a supposed portal to the underworld, and across the 'wine-dark sea' on which Odysseus faced the wrath of Greek god Poseidon.

'The *Odyssey* is a tale of sailing, and when you sail in the Mediterranean, you get a sense of the challenges they faced 3,000 years ago – the sudden flurries of wind, the local conditions caused by the rocky headlands, and the heat,' says Snow. 'There is only one way to do justice to this epic story and that is to retell it on the sea.

'The *Odyssey* is a fantasy story, a myth, but like all our fantasies it is rooted in the truths of the period in which it was created. It is a window into the world of the ancient Greeks.'



Kim Novak's Vertigo

Thursday, 9pm, BBC4

An intimate portrait of the Hollywood star, now aged 93, including clips from her career and home-movie footage. After making her name in the Alfred Hitchcock thriller *Vertigo* in 1958, Novak (above) largely turned her back on acting in the 1960s and moved away from Los Angeles after her home was destroyed by a mudslide.

The Great British Sewing Bee

Tuesday, 8pm, BBC1

Comic Sophie Willan is on hosting duties as judges Esme Young and Patrick Grant return to the Sewing Room for a new run. Themes this time include Literary Icons Week, in which the sewers have to make an outfit inspired by Jane Austen.

● Broadcast details may vary due to World Cup coverage

Presenter Chris Packham

Origins of LIFE

Chris Packham tells the story of evolution through five iconic species

Packham with an elephant

NEW FACTUAL

Evolution

Mon, 9pm, BBC2 (box set, BBC iPlayer)

Sir David Attenborough memorably told the story of evolution in his 1979 series *Life on Earth*. Nearly half a century later, Chris Packham is giving his take on how life on our planet evolved in his latest project, *Evolution*.

In the five-parter, Packham travels to Kenya, Barbados, South Africa, France and Borneo as he zooms in on five species – the elephant, ostrich, bat, dolphin and horse – and the evolutionary turning points that shaped them.

'Across our natural world, life has taken on countless forms that are wondrous, strange and endlessly diverse,' says Packham. 'It's easy to imagine it is somehow preordained, but the truth is much wilder.'

Turning back the clock more than four billion years, he reveals how all life on Earth is descended from a single-celled organism known as LUCA – the 'Last Universal Common Ancestor'.

Across the series, the species' different attributes, such as the bat's ability to echo-locate, highlight important evolutionary developments across billions of years.

'Each animal in the series is a case study,' says Packham, 65. 'The ostrich story is about reproduction, the horse story is about movement, and the dolphin story is about intelligence.'

Episode 1 looks at the elephant. Evolutionary leaps in its origins story include how organisms developed the ability to breathe oxygen and live on land, as well as how gut microbes helped digestion of plant matter, allowing animals to grow in size. More recently, an elongated nose made grazing easier, until we get to the pachyderm of today.

'These incredible creatures are made up of billions of cells powered by the largest lungs of any land animal, with a gut 20m long and packed full of microbes, so it can digest all of this plant material,' explains Packham, who watches a herd in Kenya enjoying a mud bath. 'Then there's the trunk – strong enough to pick up a human, but delicate enough to pick up a penny!'

Two early proboscideans

Films Our pick of this

MOVIE OF THE WEEK

Enola Holmes 3

Millie Bobby Brown returns in fine form as she sets out to rescue her big brother

PERIOD ADVENTURE

Available now, Netflix ★★★★

Philip Barantini adds extra sparkle to proceedings as he comes on board to direct the third outing for the spirited Victorian sleuth (Millie Bobby Brown), which reunites him with *Adolescence* writer Jack Thorne.

After the two previous UK-based adventures, the action moves predominantly to a gorgeous but politically fraught Malta, where Enola – the fourth-wall-breaking kid sister of Sherlock Holmes (Henry Cavill) – is about to marry her beloved Lord Tewkesbury (Louis Partridge).

But as the thoroughly modern bride-to-be frets about whether marriage will hamper her blossoming career as a detective, she is plunged into a dark new mystery on her wedding day when Dr Watson (a quietly effective Himesh Patel) reveals that Sherlock is missing, presumed kidnapped.

Enola must then risk her future happiness – and life – to save her cynical sibling, with help from her indomitable mum Eudoria (Helena Bonham Carter), but the return of Sherlock's nemesis Moriarty (Sharon Duncan-Brewster) throws some chilling spanners in the works.

While Thorne and Barantini ensure that the thrills and spills rarely let up, the twisty plot allows them to gamely take an unflinching look at issues such as colonialism. Fittingly, as Enola matures, they have also heightened the emotional stakes, and Brown nimbly rises to the occasion with her compelling portrayal of the plucky heroine desperately attempting to prove herself worthy of the family name and work out where her heart lies. 2026, 12, 105MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, CAREN CLARK, LIZ MILROY, NIGEL PIZEY

More premieres and Day by Day planner >>>

week's Best Movies

HORRORR

Smile 2

From Wednesday, Netflix ★★★★

Although the opening connects to the original film, writer-director Parker Finn takes a sharp turn for his sequel, making it a standalone movie in its own right, as it follows a pop superstar, played by Naomi Scott, who encounters a demonic entity. About to embark on a massive comeback tour, aided by her pushy mum/manager (Rosemarie DeWitt), she witnesses a horrific suicide and starts hallucinating that unnerving smile on people, followed by all manner of messed-up carnage. Something has latched onto her... Setting this film within the confines of celebrity is inspired, allowing Finn to stage impressive musical numbers alongside (in one instance, literally) jaw-dropping set-pieces, as well as poke fun at the hollowness and superficiality of showbusiness in general. 2024, 18, 127MIN

Torn: Naomi

Tooled up: Samara and Kathryn

COMEDY HORROR

Ready or Not 2: Here I Come

Available now, Disney+ ★★★★

Kicking off immediately following the events of *Ready or Not*, this sequel has Samara Weaving's bride reeling from her carnage of a wedding night, in which she played a deadly game of hide and seek against her murderous new family. Carted off to hospital, it seems the rich haven't finished their fun yet. It turns out that her husband and in-laws were just one of many impossibly wealthy, impossibly awful families around the globe who now need to fight for top spot to control the world. But standing in their way is Weaving, along with her estranged sister (Kathryn Newton), so a quick kidnap later and the bickering sisters are the guests/targets of another line-up of bloodthirsty rich folks. It's hugely entertaining and explosively gory with a non-stop stream of inventive deaths. 2025, 15, 108MIN

Behind you: Sydney and Amanda

THRILLER

The Housemaid

Available now, Prime Video ★★★★

Ex-con Sydney Sweeney needs a new job to satisfy the terms of her parole, so is overjoyed being hired as the live-in help for society wife Amanda Seyfried and her aristocratic husband Brandon Sklenar. Slowly but surely, though, Seyfried turns out to be a psychotic nightmare of an employer whose insane demands suggest some serious mental health issues, with pretty soon the only saving grace to the job is sympathetic and uber sexy Sklenar. With terrific performances, this comically unhinged psychological thriller is enjoyably cheesy with a very high yuk factor. 2025, 15, 131MIN

Again and again: Michaela

SCI-FI THRILLER

Redux Redux

Saturday, 6.15 & 8.25pm, Sky Premiere ★★★★

Part crime thriller, part multiverse adventure and part grief-stricken drama, *Redux Redux* packs a lot in, but does it with utter clarity. Michaela McManus (sister of sibling writer-directors Kevin and Matthew McManus) travels to parallel universes murdering a serial killer (a wonderfully seedy Jeremy Holm) who took away her daughter, while hoping to find a universe where her child is still alive. With her humanity slowly slipping away, everything changes when she rescues one of Holm's victims (Stella Marcus)... It's an intelligent, gripping genre mash-up of a movie. 2025, 15, 109MIN

Films

COMEDY ADVENTURE

Anaconda

Friday, 9.15am & 8pm, Sky Premiere ★★★

Back in the late 1990s, infamously bad killer-snake movie *Anaconda* starring Jennifer Lopez and Ice Cube was such a stinker it became an accidental comedy classic. More than a quarter of a century later, following a string of sequels and rip-offs, Hollywood goes back to the jungle. This time, however, with stars Jack Black and Paul Rudd on board it's clear from the outset that the film is meant to be a comedy.

The duo play would-be filmmakers (Rudd's Griff is a struggling actor, Black's Doug directs wedding videos) who go to the Amazon jungle, along with fellow childhood friends Claire (Thandiwe Newton) and Kenny (Steve Zahn), with the aim of rebooting the *Anaconda* franchise on the cheap. Of course, they run into real-life perils...

Co-writer/director Tommy Gormican made the brilliantly loopy Nicolas Cage meta comedy *The Unbearable Weight of Massive Talent*, but he fails to pull off a similar feat here. For the most part laughs, scares and suspense are in rather short supply, although there is one truly bonkers scene, which features Black, a wild hog, a dead squirrel and a massive anaconda, that successfully combines comedy and action. 2025, 12, 99MIN

Crush on you: Paul and Jack

Hidden gems Great movies you might have missed...

THRILLER

Anniversary

Netflix ★★★★

Starting at the 25th wedding anniversary party of political professor Diane Lane and chef Kyle Chandler, this chilling movie follows them and their adult children – daughters Madeline Brewer, Zoey Deutch and Mckenna Grace and failed writer son Dylan O'Brien – over five years as the US becomes swept up in authoritarianism. And it's all led by O'Brien's new girlfriend (Phoebe Dynevor). It's a stark look at how easily democracy can be toppled. 2025, 15, 111MIN

WORLD CINEMA

Petite Maman

Mubi ★★★★★

When her gran dies, an eight-year-old girl goes to her house in the woods to help her parents with the clean-up. While there, she meets another girl with whom she has a close affiliation. Writer-director Celiné Sciamma's drama is an exquisite jewel and a masterclass in working with children. Twins Joséphine and Gabrielle Sanz are delightfully natural; their playful innocence is captured in a way you'll rarely see bettered. Truly special. Subtitled. 2021, U, 72MIN

COMEDY MYSTERY

The Private Life of Sherlock Holmes

Prime Video ★★★★

Dwarfs, monks and even the Loch Ness Monster are all on the menu in Billy Wilder's affectionate take on Sherlock Holmes. Robert Stephens takes the title role, Colin Blakely is Watson and Christopher Lee plays Holmes' brother, Mycroft. The film's rich feel for period detail is matched by a witty script that takes Holmes from Baker Street to Scotland and gets him embroiled with an enigmatic Genevieve Page. 1970, PG, 125MIN

Saturday 11 July

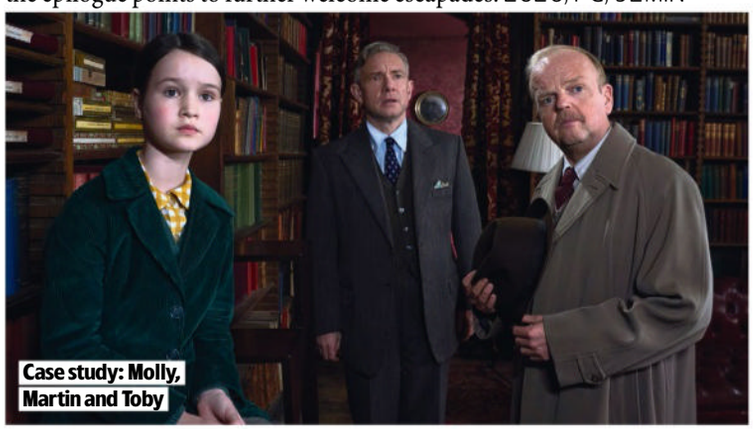
FAMILY MYSTERY

Flavia

6am & 5am, Sky 2026 Recap ★★★

Sex ●●● Violence ●●● Language ●●●

When a dead body turns up on her family's estate, 11-year-old chemistry-loving amateur sleuth Flavia (Molly Belle Wright) investigates – especially when evidence points to her stamp-collecting father (Martin Freeman) as the killer. A fun post-World War Two adventure based on the children's book series by Alan Bradley, this mixes bucolic English summers, grand aristocratic houses with dastardly (and rather contrived) plots, as our protagonist is full of gumption and derring-do. Wright is a charming lead, holding her ground with the likes of Toby Jones and Jonathan Pryce, while the epilogue points to further welcome escapades. 2026, PG, 92MIN



Case study: Molly, Martin and Toby

CLASSIC THRILLER

North by Northwest

2.15pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

The mistaken identity movie to beat them all would be a much lesser affair without the supreme sense of style Cary Grant brings to his role as Roger Thornhill, a New York advertising executive who ends up on the run from both the police and James Mason's bunch of Cold War bad guys. Alfred Hitchcock's handling of the celebrated set-pieces – the crop-dusting plane, the UN building murder, the auction, the out-of-control car – couldn't be more effective, but just as important are its exquisite orders of comedy and romance. 1959, PG, 136MIN

CLASSIC THRILLER

Vertigo

4.25pm, BBC2 (not NI) ★★★★★

Sex ●●● Violence ●●● Language ●●●

Alfred Hitchcock's famous thriller is more about obsession than suspense, with James Stewart giving one of his most tormented performances. He's an ex-policeman with a fear of heights whose problems really start when he falls in love with the mysterious woman (Kim Novak) he's been hired to follow. Hitchcock manages to pile on some extraordinary twists and builds up a unique dream-like atmosphere that turns the San Francisco locations into a kind of huge spiralling mind game in which Stewart is both the player and the pawn. 1958, PG, 128MIN

COMEDY DRAMA

Mrs Harris Goes to Paris

6.45pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Lesley Manville is Mrs Harris, a salt-of-the-earth widowed cleaner who has set her heart on buying a Dior gown. After a series of lucky windfalls, she leaves drab 1957 London for the glamour of Paris. Isabelle Huppert's smug gatekeeper is determined to stop her entering the fashion house, but Mrs Harris – who has a habit of inspiring everyone she meets – has model Alba Baptista and Lambert Wilson's wealthy widower on her side. Based on a 1958 novel by Paul Gallico, this is an enchanting flight of fancy and Manville is on sparkling form. 2022, PG, 115MIN

ROMCOM

Pretty Woman

⚽*10.25pm, BBC1* ★★★★

Sex ●●● Violence ●●● Language ●●●

As an LA prostitute, Julia Roberts gets a proposition she can't refuse when wealthy Richard Gere offers her $3,000 to be his escort for a week. And it's not long before their relationship becomes much more personal... The potentially tasteless story (which began life as a far darker take before director Garry Marshall gave it a makeover) is saved by smart humour and the fabulous stars – you can't help but be won over by the film's charm. 1990, 15, 117MIN

■ Full listings start on p35

Sunday 12 July

BIOPIC

Oppenheimer

10pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

A colossal achievement, writer-director Christopher Nolan's viscerally intense biopic of J Robert Oppenheimer (Cillian Murphy) fires on all cylinders, tackling world-changing history with fearsome force and focus. We first see Oppenheimer in the rain, gaunt and haunted. Swiftly, periods of his life criss-cross. Between his student years and the 1950s when he's accused of communist sympathies, his ambition to bring peace to wartime with the atom bomb changes the world. Oscar-winner Murphy's never been better, but there are standout turns, too, from Robert Downey Jr, Emily Blunt, Matt Damon and Florence Pugh. 2022, 15, 180MIN

Flying the flag: Cillian

CLASSIC MUSICAL

Sweet Charity

2.05pm, BBC2 (not NI) ★★★★★

Sex ●●● Violence ●●● Language ●●●

Inventive and exhilarating, Bob Fosse's marvellous musical is a delight throughout but comes into its own whenever the smashing singing and dancing starts. Sammy Davis Jr gets into *The Rhythm of Life*, Shirley MacLaine, as a New York dance hall hostess who dreams of respectability, dresses up as a toy soldier and belts out *If My Friends Could See Me Now*, Stubby Kaye loves to cry at weddings and there's a great version of the show's most famous number, *Big Spender* (a chart hit for Shirley Bassey in 1967). 1968, PG, 149MIN

PERIOD DRAMA

Pride & Prejudice

4.25pm, BBC2 (not NI) ★★★★★

Sex ●●● Violence ●●● Language ●●●

The vivacious heart and soul of the tale, Oscar-nominated Keira Knightley is faultless as Elizabeth Bennet in this winning adaptation of Jane Austen's classic. Matthew Macfadyen as Mr Darcy is good value, too, and a stellar supporting cast includes Brenda Blethyn, Donald Sutherland, Judi Dench and Carey Mulligan. Tom Hollander has to be singled out for praise for his brilliantly understated performance as Elizabeth's diminutive, desperate suitor Mr Collins. An old favourite refined, revived and reinvigorated. 2005, U, 127MIN

ACTION

Mission: Impossible – Dead Reckoning

8pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

In his penultimate outing as spy Ethan Hunt, Tom Cruise faces his most dangerous enemy yet: AI. His mission is to retrieve both halves of a mysterious key that is the means of controlling this untold power. With characters old and new milling about, including Rebecca Ferguson, Ving Rhames, Simon Pegg, Vanessa Kirby and Hayley Atwell, this is a big, busy spectacle. It borders on the unwieldy at times, but the awesome set pieces, stunning fight scenes and satisfying plot ensure that it's thoroughly entertaining. 2023, 12, 163MIN

DRAMA

Beau is Afraid

12.05am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Joaquin Phoenix plays Beau, a troubled fortysomething about to visit his successful, domineering mother (Patti LuPone). Residing in a dilapidated apartment situated on the most dangerous street corner in America, Beau is living in a hell of his own delusion. Writer-director Ari Aster, operating in the realm of psychosis and metaphor, flips events from hysterically funny to horrifying in a heartbeat. It's an amazing film that deserves to be celebrated. 2023, 15, 179MIN

■ Full listings start on p45

⚽ SUBJECT TO CHANGE DUE TO WORLD CUP

Weekday movies over page

Monday 13 July

DRAMA

Anemone

1.50pm & 8.25pm, Sky Cinema Premiere ★★★

Sex ●●● Violence ●●● Language ●●●

Daniel Day-Lewis returns to acting for his son Ronan's directorial debut after 'retiring' seven years previously, and he's simply magnificent. He plays a man living a hermetic life in the wilds in the north of the UK, where his brother Sean Bean tracks him down to talk about the family Day-Lewis left behind 20 years ago. Also starring Samantha Morton and Samuel Bottomley, this is a beautifully lensed movie, but is oddly insubstantial, which is a shame because the acting is exceptional. Starts Sunday. 2025, 15, 125MIN

Wild times: Daniel and Sean

ACTION COMEDY

Sasquatch Sunset

1.05pm, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

This absurdist comedy follows a female sasquatch (Riley Keough) and three males (Jesse Eisenberg, Nathan Zellner and Christophe Zajac-Denek) through the seasons. The stars work wonders under excellent prosthetics and with zero dialogue (only grunts, huffs and yelps). A sadness slowly creeps in as we might be watching their extinction, but an inspired sight gag or gross-out joke is never far away. 2024, 15, 88MIN

WAR DRAMA

Valkyrie

9pm, GREAT! action ★★★

Sex ●●● Violence ●●● Language ●●●

Despite the odd casting, Tom Cruise makes a surprisingly decent, understated job of war-wounded German colonel Claus von Stauffenberg, who is at the centre of a World War Two plot when he galvanises a group of disillusioned senior German officers to kill Adolf Hitler in 1944. The uninspired script plods along with a lack of urgency, but director Bryan Singer's movie is still a nail-biting story that is worth the telling. 2008, 12, 121MIN

SUPERHERO

Spider-Man

7.05pm, BBC3 ★★★★

Sex ●●● Violence ●●● Language ●●●

After a genetically engineered spider bites him, geeky teen Peter Parker (Tobey Maguire) develops perfect sight, great reflexes and the ability to swing across the New York skyline by means of a super-strong web. Meanwhile, mogul Willem Dafoe is injected with a potion and becomes the Green Goblin... Maguire is just right, as is Kirsten Dunst as Mary Jane, while director Sam Raimi handles the exhilarating action with aplomb. 2002, 12, 121MIN

SCI-FI WESTERN

Cowboys & Aliens

11.25pm, BBC1 (12.10am N Ireland) ★★★

Sex ●●● Violence ●●● Language ●●●

Daniel Craig is a gunslinger with an extraterrestrial secret who gets on the wrong side of Harrison Ford's cattle baron. This outlandish mash-up of western, sci-fi and adventure is messily plotted (the story was inspired by the cover art of a graphic novel), but Craig and Ford are a lot of fun as they take on pesky varmints from outer space. 2011, 12, 118MIN

■ Full listings start on p55

Tuesday 14 July

BIOPIC

Blue Moon

6.15pm, Sky 2026 Recap ★★★★

Sex ●●● Violence ●●● Language ●●●

Once one of Broadway's leading lights as one half of Rodgers and Hart (writers of classics such as *My Funny Valentine* and the film's title), Lorenz Hart (Ethan Hawke) is now little more than a drunk desperate for adoration. Set over a single night, Richard Linklater's wonderful drama sees an artist wrestle with relevance, especially as his old partner (Andrew Scott) is doing sensationally as part of Rodgers and Hammerstein. Hawke is brilliant as a man who is funny, pathetic, bombastic, frail – but utterly human. 2025, 15, 96MIN

Crowd pleaser: Ethan

ACTION

Death Race

9pm, Legend ★★★

Sex ●●● Violence ●●● Language ●●●

Director Paul WS Anderson's stunt-fuelled remake of 1975's *Death Race 2000* sees convict Jason Statham offered freedom if he competes in a too-the-death car race. Tyrese Gibson is his main competitor in a film that thunders along on a dizzying spectacle of violence, nail-biting races and spectacular crashes. Joan Allen adds class as the evil jail boss, while Ian McShane and Natalie Martinez also make their mark. 2008, 15, 105MIN

WORLD CINEMA

Misericordia

10.55pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

PREMIERE Returning to his remote French village to mourn his dead mentor, Jérémie (Félix Kysyl) ends up staying with the man's widow, Martine (Catherine Frot), much to the ire of her hot-blooded son, Vincent (Jean-Baptiste Durand). But what does Jérémie want? Also bringing in the local priest, Philippe (Jacques Develay), death and repression rear their secretive heads in this odd, inscrutable, but fascinating tale. Subtitled. 2024, 15, 104MIN

SUPERHERO

Spider-Man: Homecoming

⚽10.40pm, BBC1 (11.10pm Scotland, Wales) ★★★★

Sex ●●● Violence ●●● Language ●●●

Tom Holland's first solo *Spider-Man* film is a treat, with giddy episodes of peril and derring-do. It's also very funny when nerdy Peter Parker takes his first stabs at crime-busting as Spider-Man and in his inept dealings with Tony Stark (Robert Downey Jr). Then he has to step up a gear when his path crosses that of a villain, The Vulture (an excellent Michael Keaton). 2017, 12, 133MIN

BIOPIC

On the Basis of Sex

11.50pm, BBC2 ★★★

Sex ●●● Violence ●●● Language ●●●

An earnest and worthy tribute to Ruth Bader Ginsburg (Felicity Jones), the second woman ever to be elected a US Supreme Court Justice. Beginning in 1956, the film follows her fight for equality and tough climb up the legal ladder. Jones is admirable, Armie Hammer is great as her husband and Justin Theroux and Kathy Bates are among the people she tangles with. 2018, 12, 120MIN

■ Full listings start on p65

Wednesday

ROMANTIC DRAMA

One Day

6.50pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

This bittersweet love story, based on David Nicholls' best-selling novel, begins on 15 July 1988, St Swithin's Day, with the meeting at university of Anne Hathaway's working-class northerner Emma and Jim Sturgess' posh southerner

Lovely day: Jim and Anne

HORROR

Scream 4

Starts Sunday, Paramount+ ★★★

Sex ●●● Violence ●●● Language ●●●

Starting out with a death within a film within a film within a film, Wes Craven's third sequel to his 1996 original is rather good fun. Neve Campbell, Courteney Cox (who gets all the best catty lines) and David Arquette all return and have to relive the nightmare of the Ghost Face killer when Campbell, now a successful author, arrives back in her hometown for a book launch – and the teen killing starts again... 2011, 15, 111MIN

THRILLER

Amongst the Wolves

6.50am, Sky Thriller ★★★

Sex ●●● Violence ●●● Language ●●●

Part social commentary, part grisly thriller, this Irish tale may be uneven, but it is a strong piece of work elevated by a compelling star turn by Luke McQuillan. He's a homeless ex-soldier with PTSD who attempts to help a teen (Daniel Fee) who's living on the streets and trying to avoid the local crime kingpin (played with sadistic relish by Aiden Gillen). And soon McQuillan and Gillen butt heads, with bloody, brutal results. 2024, 15, 102MIN

15 July

Dexter. We then revisit the pair on the same day of the year over the next 20 years as they lurch and stumble through their adult lives. Deftly adapted for the screen by Nicholls himself, well acted by the leads and sensitively directed by Lone Scherfig, this is very classy filmmaking – funny, romantic and deeply moving. 2011, 12, 108MIN

CLASSIC COMEDY

The Man in the White Suit

8.35pm, Talking Pictures ★★★★★

Sex ●●● Violence ●●● Language ●●●

A highly original, very funny Ealing comedy about a factory worker, engagingly played by Alec Guinness, who invents a white fabric that won't wear out. A witty script, fast pace and wonderful gurgling laboratory sound effects made this one of Ealing's greatest. The one snag: Guinness' suit, supposedly dirt-resistant, became so easily soiled on set that 13 replicas had to be made! 1951, U, 85MIN

DRAMA

Rush

⚽11.10pm, BBC1 (12.10am Wales) ★★★★

Sex ●●● Violence ●●● Language ●●●

Playboy James Hunt and his F1 rival Niki Lauda are the protagonists of this exhilarating movie set during the sport's unbelievably dangerous 1970s heyday. Hunt is played with cavalier swagger by Chris Hemsworth, and Daniel Brühl is equally convincing as the dour Lauda. The tyre-scorching, nerve-shredding races are electrifying. 2013, 15, 122MIN

■ Full listings start on p75

Thursday 16 July

WHODUNNIT

Death on the Nile

Starts Wednesday, Netflix ★★★

Sex ●●● Violence ●●● Language ●●●

Kenneth Branagh is back directing and starring as 'tached 'tec Hercule Poirot in his second Agatha Christie mystery (following 2017's *Murder on the Orient Express*). It's another handsome, star-crammed film as Poirot investigates murder aboard a paddle steamer on the Nile. Gal Gadot, Armie Hammer, Rose Leslie, Dawn French and Jennifer Saunders are among the flood of suspects in a comforting, old-school whodunnit that may not make waves but shouldn't be given a wide berth, either. 2021, 12, 127MIN

Cruise control: Gal and co

SUPERHERO

Spider-Man: Far From Home

10.40pm, BBC1 (11.10pm NI, Scot, 11.20pm Wales) ★★★★

Sex ●●● Violence ●●● Language ●●●

Tom Holland's superhero is back for his second solo film – and it's an irresistible blend of high-school comedy, teen romance and acrobatic adventure. This time teen Peter Parker is joining his school friends on a trip to Europe, but needs to don his Spidey-suit in order to help enigmatic Jake Gyllenhaal on the way to a big twist and showdown on London's Tower Bridge. 2019, 12, 129MIN

THRILLER

Memento

11.10pm, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

A fiendishly clever puzzle-box of a movie in which Guy Pearce plays a man trying to avenge the murder of his wife. But he suffers from anteriograde amnesia – he is unable to form new memories – and thus is forced to take Polaroid snaps to identify each new person he meets and tattoo cryptic messages onto his body. The film unfolds in reverse and the complex narrative demands total concentration, but it is well worth it. 2000, 15, 108MIN

COMEDY HORROR

Heart Eyes

1.55am, Sky Sci-Fi/Horror ★★★★

Sex ●●● Violence ●●● Language ●●●

A terrifying masked serial killer with hearts for eyes pops up to kill couples on Valentine's Day, before vanishing again. Singleton Olivia Holt think she's safe, but when she and new workmate Mason Gooding are forced to team up for an emergency, the killer mistakes them for a loved-up pair... The stars are great, as if they're in a romcom that's gone horribly sideways, in this smart, scary, gory and wildly fun yarn. 2025, 18, 97MIN

ROMANTIC DRAMA

Monday

1.50am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Hedonists Sebastian Stan and Denise Gough meet in Greece and have an explosive relationship, but their boozed-up, sex-saturated affair is on a constant knife edge. This beautiful-looking movie is explicit, nervy and hectic, but is superb at delving into these desperate characters, who use their bacchanalian urges to mask their failings and misery. 2020, 15, 116MIN

■ Full listings start on p85

Friday 17 July

SCI-FI ACTION

The Running Man

8pm, Sky Directors ★★★

Sex ●●● Violence ●●● Language ●●●

In a bleak future America, downtrodden hero Glen Powell enters the $1billion-to-the-death TV game show of the title, desperate for cash to treat his sick daughter. But, electronically tagged and with folk encouraged to turn him in, he must evade Lee Pace's ace assassins for 30 days. Director Edgar Wright's pumped-up version of Stephen King's 1982 novel (filmed with Arnold Schwarzenegger in 1987) barrels along with brisk gusto and anarchic humour, helped along no end by Powell's megawatt charisma. 2025, 15, 108MIN

Hide and seek: Glen

ACTION

The Beekeeper

6.10pm, Sky Action ★★★

Sex ●●● Violence ●●● Language ●●●

Jason Statham plays seemingly nice beekeeper Adam Clay, but (of course) he has a shadowy past and a set of skills that he needs to call on when his nice boss and friend (Phylicia Rashad) falls victim to a computer scam headed by Josh Hutcherson's rich-guy boss. Director David Ayer's throwback to 1980s thrillers is familiar stuff, but the exciting, hard-hitting action is well handled and Statham is good value. 2023, 15, 105MIN

THRILLER

Insomnia

11.05pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Al Pacino plays a troubled LA cop who has to travel into the perpetual daylight of an Alaskan summer to try to solve the murder of a schoolgirl. It is giving nothing away to say that Robin Williams plays the killer, as the film is not so much a mystery as a study of the psychological bond that begins to form between hunter and hunted. Director Christopher Nolan keeps the action taut and makes splendid use of the locations. 2002, 15, 113MIN

HORROR

X

11.05pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

It's 1979 and a group of friends have retreated to a Texas farm to make a porn film. Trouble is, when the old couple who own it find out about the youngsters' intentions, bloody carnage ensues... Ti West's retro horror relishes the look and feel of its era's chillers, but he puts his own devilish spin on proceedings, helped by a game cast headed by a wonderfully off-kilter Mia Goth (who plays both one of the porn party and the farm owner). 2022, 18, 105MIN

COMEDY

My Old Ass

11.35pm, BBC1 (12.30am Scotland) ★★★★

Sex ●●● Violence ●●● Language ●●●

What would your 18-year-old self ask you at 39 if you had the chance? Teen Maisy Stella gets to ask after she 'conjures' up her older version (Aubrey Plaza). Funny, poignant and with a beautifully tender finale, this is a quietly magical film filled with compassion and heart about the importance of family, love and embracing all that life throws at you. 2024, 15, 89MIN

■ Full listings start on p95

THE MAIN EVENT

Open Championship

Can a **home-nation player** finally win at Royal Birkdale?

The 15th hole at Royal Birkdale

LIVE GOLF

From Thu, Sky Sports Golf, Sky Sports+ & Sky Sports Main Event

Since Royal Birkdale first staged the Open in 1954, only St Andrews has held the tournament more times. However, no British player has ever won the Claret Jug on the 10 occasions that the Southport links has hosted golf's oldest and most prestigious major.

This year, as Royal Birkdale's art-deco clubhouse welcomes the world's best golfers once again, can any of the UK's home-grown contingent join a list of previous winners that includes Arnold Palmer and Tom Watson?

After winning back-to-back Masters in April, Rory McIlroy will lead the UK challenge as he targets a second Claret Jug following his 2014 victory on another Merseyside course, Royal Liverpool.

'I've always thought Birkdale is one of the best on the Open rota,' says McIlroy. 'It's a little bit different from the last time we played an Open here. I'm excited to be back.'

The mural by artist Paul Curtis in Birkdale

Meanwhile, Southport-born Tommy Fleetwood is being celebrated by a mural on the side of the Southport & Ainsdale Sports Club in Birkdale, and Justin Rose returns to the course where he set the golf world alight in 1998 by chipping in for a birdie on the last hole to tie for fourth as a 17-year-old amateur in his first Open Championship.

The most recent Open at the course, in 2017, was won by Jordan Spieth, after an enthralling final round in which he overcame US

The USA's Jordan Spieth

Rory McIlroy of Northern Ireland

WORDS: RICHARD MCCLURE. PHOTOS: ADOBE STOCK, GETTY, PETER BYRNE/ALAMY

Your ultimate guide to the best of the week's live action

THE COURSE

As Royal Birkdale hosts its 11th Open Championship, the club has made some significant changes to the famous links course. Along with a reduction in the number of bunkers, several holes have been redesigned including a completely new par-three 15th hole.

'The 15th is the biggest green on the course, but it doesn't look like it from the tee,' says Birkdale head professional Gregg Pettersen. 'Getting the ball to stop on the green could be difficult as the wind gets up. There could be some big moments.'

rival Matt Kuchar.

'It's obviously a special place for me,' says Spieth. 'In some ways, it is the most memorable victory I've ever had – and probably the most dramatic.'

Also in the field is defending champion Scottie Scheffler, who triumphed at Royal Portrush 12 months ago. The world No 1 hasn't won a major since then, but will still start as a strong favourite on Thursday in front of what is expected to be a record crowd of 300,000 for the week.

Iga Swiatek and Jannik Sinner

LIVE TENNIS

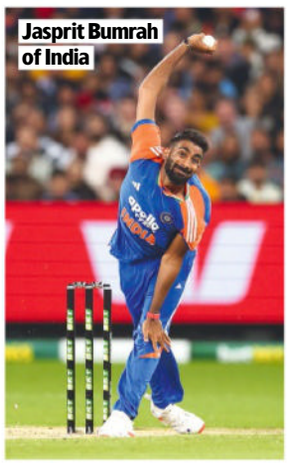
Wimbledon finals

Saturday & Sunday, BBC1, BBC2, BBC iPlayer & TNT Sports

The Championships conclude over the weekend with Saturday's women's singles final (4pm), won last year by Poland's Iga Swiatek (the first woman in the Open era to win a SW19 final 6-0 6-0), followed by the men's singles final on Sunday (4pm), which saw a maiden triumph for Italy's Jannik Sinner 12 months ago.

The finals will bring back vivid memories for US legend and BBC pundit John McEnroe, who claimed the singles title for the first time 45 years ago, defeating Björn Borg after losing to the Swede the year before.

'When I won, I felt like I was going to fly over the stadium,' McEnroe tells *TV&Streaming Week*. 'Having blown the final the year before against Borg, I had this incredible sense of relief.'



Jasprit Bumrah of India

LIVE CRICKET

England v India: ODIs

Tuesday & Thursday, Sky Sports Cricket & Sky Sports Main Event

Following the final T20 clash at Southampton on Saturday (2.30pm), the sides switch to the 50-over format at Edgbaston on Tuesday (11am) when Shubman Gill takes over as captain of India for the three-match series, with former skippers Virat Kohli and Rohit Sharma, plus star fast bowler Jasprit Bumrah, returning to the squad. The second ODI takes place in Cardiff on Thursday (1pm).

LIVE FOOTBALL

World Cup

Sat, Tue & Wed, BBC1 & ITV1

As we went to press, there was the prospect of some thrilling encounters in the tournament this week. If England have progressed this far, the Three Lions will play a quarter-final in Miami on Saturday (kick-off 10pm), potentially against Brazil. The remaining quarter-final kicks off in Kansas City later that night (2am). The first semi-final takes place on Tuesday in Dallas (8pm), while, if successful, England will feature in the second semi-final in Atlanta on Wednesday (8pm) when Thomas Tuchel's side could feasibly meet defending champions Argentina. Four years ago in Qatar, England were knocked out 2-1 in the last eight by eventual runners-up France.

Fiji's Tevita Ikanivere

LIVE RUGBY UNION

Nations Championship

Saturday, ITV1 & ITV4

In the second round of fixtures, Liverpool stages a rare rugby-union international as Fiji captain Tevita Ikanivere leads his team in a 'home' match against England at Everton's waterfront stadium (2.10pm). The other matches are New Zealand v Italy (6.10am), Australia v France (8.40am), Japan v Ireland (11.10am), South Africa v Scotland (4.40pm), and Argentina v Wales (8.10pm).

Sport A-Z and football planner »»

Gtech LOVED by our customers ★★★★★ Over 83k verified 5 STAR reviews across the range!

LIMITED OFFER PRICE

£169.99

Was ~~£274.98~~

Use Code: XC34

Gently trimming your hedge every 2 weeks will thicken it up and give it an incredible texture, but heavy trimmers, cables and step ladders make hedge trimming a job that some people hate. Gtech's Cordless HT50 makes hedge trimming a pleasure.

Cordless Convenience

With 60-minutes of runtime* move freely around your garden without being tethered by cables or worrying about messy petrol. Running off a high torque 18V motor, the HT50 Hedge Trimmer supplies the power directly when needed. The lightweight but super strong drive system is designed for refinement and quiet running, but don't be fooled – the precision, laser cut blades power through branches up to 25mm thick.

Long Reach

The Gtech HT50 Hedge Trimmer has an adjustable head that rotates through 135° so that you have full control over the cut of your hedge. The head adjusts downwards so you can cut the top of your hedge easily, and upwards so that you can cut thorny hedges without scratching your arms. Keep your hedges neat by cutting flat along the tops of hedges up to 10ft tall† using the 50cm long blade. The precision blades power though foliage, leaving clean cut, healthy stems which will bud out to create a beautiful, rich textured hedge.

Perfectly Balanced

Weighing only 2.94kg and accompanied by the harness, you can move freely around your garden without feeling anchored down. The HT50 is well balanced giving you a more enjoyable gardening experience without worrying about the weight.

Safety First

To prevent any unexpected starts, the HT50 Hedge Trimmer has an easy to use safety switch. To operate simply press in the safety switch on the side of the handle whilst holding the one-handed power trigger. Simple to operate and safer than ever.

Includes Branch Cutter attachment

THAT'S MUCH BETTER!

"Cuts well, lightweight, easy to use. Pleasantly surprised. Weight was top priority but it also performs really well. No problem with hedging and mature topiary holly."

Terry B ★★★★★

Nick Grey *Inventor & Gtech Owner...*

"We designed the HT50 with a longer blade, so you cut a bigger area at once. This means you'll spend less time working and have more time to enjoy your garden - ideal."

Nick

Get our **HT50** Long Reach Hedge Trimmer and Branch Cutter bundle for just **£169.99** (RRP £274.98) saving **38%** if you order before 30/09/2026. Order now at **www.gtech.co.uk** (enter code **XC34** at checkout) or scan the QR code:

*Runtime quoted may vary depending on the condition of the hedges being cut. Offers valid until 30/09/2026 or while stocks last and cannot be used in conjunction with any other offer. 30-day money-back guarantee, excluding £10 collection fee. Next Day Delivery UK mainland only (excludes highlands). †Depending on the height of the user. Visit gtech.co.uk for full T&Cs.

5925

Sport week A-Z GUIDE

AUSTRALIAN RULES

LIVE GWS Giants v Geelong Cats
Sat 7am TNT Sports 1
The AFL match at ENGIE Stadium.

LIVE Carlton Blues v Hawthorn Hawks
Sat 10.30am TNT Sports 4
The AFL fixture from Melbourne.

LIVE Western Bulldogs v West Coast Eagles
Sat 4am TNT Sports 1
The AFL game at Marvel Stadium.

LIVE Melbourne Demons v Richmond Tigers
Sun 6am TNT Sports 3
The AFL match from Melbourne.

LIVE Western Bulldogs v West Coast Eagles
Sun 7.30am TNT Sports 1
The AFL game at Marvel Stadium.

LIVE Geelong Cats v St Kilda Saints
Thu 10.15am TNT Sports 2
The AFL match at GMHBA Stadium.

LIVE Sydney Swans v Adelaide Crows
Fri 10.30am TNT Sports 3
The AFL fixture from Sydney.

LIVE Port Adelaide Power v Fremantle Dockers
Fri 4am TNT Sports 1
The AFL game at Adelaide Oval.

BASEBALL

LIVE Minnesota Twins v Los Angeles Angels
Sat 7pm TNT Sports 1
The MLB American League match staged at Target Field.

LIVE St Louis Cardinals v Atlanta Braves
Sat 12m't TNT Sports 2
The MLB National League game staged at Busch Stadium.

LIVE MLB
Sun 5pm TNT Sports 3
The MLB All-Star Futures Game at Citizens Bank Park in Philadelphia.

LIVE San Diego Padres v Toronto Blue Jays
Sun 9pm TNT Sports 3
The MLB inter-league match from Petco Park in San Diego, California.

LIVE MLB
Mon 1am TNT Sports 1
The Home Run Derby held at Citizens Bank Park in Philadelphia.

LIVE MLB
Tue 12.30am TNT Sports 1
The All-Star Game staged at Citizens Bank Park in Philadelphia.

Motorcycling
Alex Lowes of Great Britain is in fourth place in the World Superbikes standings

LIVE Philadelphia Phillies v New York Mets
Thu 12m't TNT Sports 2
The MLB National League match.

LIVE New York Yankees v Los Angeles Dodgers
Fri 12m't TNT Sports 1
The MLB inter-league fixture.

BASKETBALL

LIVE Charlotte Hornets v New Orleans Pelicans
Sat 9pm Sky Sports Action
The NBA Summer League match.

LIVE San Antonio Spurs v New York Knicks
Sat 11pm Sky Sports Action
The NBA Summer League game.

LIVE Las Vegas Aces v Phoenix Mercury
Sat 11pm Sky Sports+ & Sky Sports Mix
WNBA Western Conference match.

LIVE New Orleans Pelicans v Phoenix Suns
Sun 8pm Sky Sports Action
The NBA Summer League fixture.

LIVE Boston Celtics v Charlotte Hornets
Sun 10pm Sky Sports Action
The NBA Summer League match.

LIVE Las Vegas Aces v Indiana Fever
Sun 1.30am Sky Sports Action
The WNBA inter-conference game.

LIVE Indiana Pacers v Toronto Raptors
Mon 9.30pm Sky Sports Action
The NBA Summer League match.

LIVE Atlanta Dream v Los Angeles Sparks
Mon 12m't Sky Sports Main Event & Sky Sports Action
The WNBA inter-conference match from Georgia.

LIVE Minnesota Lynx v Phoenix Mercury
Mon 2am Sky Sports+, 2.30am Sky Sports Main Event & Sky Sports Action
The WNBA Western Conference fixture at Target Center, Minneapolis.

LIVE Philadelphia 76ers v Orlando Magic
Wed 9pm Sky Sports Action
The NBA Summer League match at Thomas & Mack Center, Las Vegas.

LIVE Detroit Pistons v Phoenix Suns
Wed 11pm Sky Sports Action
The NBA Summer League match.

LIVE Indiana Fever v Golden State Valkyries
Wed 1am Sky Sports+ & Sky Sports Mix
The WNBA inter-conference game.

LIVE Houston Rockets v Brooklyn Nets
Thu 9.30pm Sky Sports Action & Sky Sports+
The NBA Summer League fixture.

LIVE NBA Summer League
Fri 12m't Sky Sports+ & Sky Sports Mix

COMBAT SPORTS

LIVE UFC 329 Prelims
Sat 12m't TNT Sports 1

LIVE Conor McGregor v Max Holloway
Sat 12m't TNT Sports Box Office
The welterweight bout held at T-Mobile Arena in Las Vegas.

LIVE One Championship
Fri 2am Sky Sports Action

CRICKET

LIVE England v India
Sat & Mon 10.30am Sky Sports Main Event, Sky Sports Cricket & Sky Sports Mix; Sun 10.30am Sky Sports Cricket & Sky Sports Mix
The second to fourth days of the one-off Test from Lord's, London.

LIVE England v India
Sat 2pm Sky Sports Main Event
The fifth and final T20 of the series from Southampton.

LIVE West Indies v New Zealand
Sat 7pm TNT Sports 4
The first ODI from Providence Cricket Stadium in Guyana.

LIVE Texas Super Kings v Washington Freedom
Sat 9.15pm Sky Sports Cricket
The Major League Cricket game.

LIVE Seattle Orcas v San Francisco Unicorns
Sat 1.15am Sky Sports Cricket & 1.30am Sky Sports Main Event
The Major League Cricket match.

LIVE T20 Blast
Sun 6.15pm Sky Sports+, 6.30pm Sky Sports Cricket & 8pm Sky Sports Main Event

LIVE New York v Washington Freedom
Sun 9.15pm Sky Sports Mix & 9.45pm Sky Sports Cricket
The Major League Cricket fixture.

LIVE Texas Super Kings v Los Angeles Knight Riders
Sun 1.15am Sky Sports Cricket & 1.30am Sky Sports Main Event
The Major League Cricket match.

LIVE West Indies v New Zealand
Mon 7pm TNT Sports 2
The second ODI from Providence Cricket Stadium in Guyana.

LIVE England v India
Tue 10.15am Sky Sports Main Event & Sky Sports Cricket
The first ODI in the three-match series at Edgbaston. See p29.

LIVE T20 Blast
Wed 5.15pm Sky Sports Cricket & 5.30pm Sky Sports Main Event

LIVE Major League Cricket
Wed 10.15pm Sky Sports Cricket & 10.30pm Sky Sports Main Event
The qualifier play-off match.

LIVE Major League Cricket
Wed 2.15am Sky Sports Main Event & Sky Sports Cricket
The eliminator play-off match.

LIVE England v India
Thu 12.30pm Sky Sports Cricket
The second ODI in the three-match series at Sophia Gardens. See p29.

LIVE West Indies v New Zealand
Thu 7pm TNT Sports 1
The third ODI in the five-match series at Providence Cricket Stadium.

LIVE Major League Cricket
Thu 2.15am Sky Sports Cricket & 2.30am Sky Sports Main Event
The challenger play-off match.

LIVE Women's T20 Blast
Fri 10.45am Sky Sports Cricket
The first semi-final at the Oval.

LIVE Women's T20 Blast
Fri 2.15pm Sky Sports Cricket
The second semi-final of Finals Day staged at the Oval in London.

LIVE Women's T20 Blast
Fri 6.30pm Sky Sports Cricket & 9pm Sky Sports Main Event
The final at the Oval in London.

CYCLING

LIVE UCI Mountain Bike World Series
Sat 11am & Sun 12noon TNT Sports 3
Races from Pal Arinsal, Andorra.

LIVE Tour de France
Sat, Sun, Tue & Thu 12noon, Wed 12.30pm & Fri 11.45am TNT Sports 1
Stages eight to 13 of the men's race.

GAELIC GAMES

LIVE Louth v Mayo
Sat 5.40pm BBC2 (N Ireland only)

LIVE Dublin v Kerry
Sun 3.35pm BBC2 (N Ireland only)

GOLF

LIVE Evian Championship
Sat & Sun 9am Sky Sports Main Event & Sky Sports Golf
Days three and four of the Major at Evian Resort Golf Club in France.

LIVE Genesis Scottish Open
Sat & Sun 10am Sky Sports+ & 3pm Sky Sports Golf; Sat 6.30pm & Sun 3pm Sky Sports Main Event
The third and fourth days of the Rolex Series event staged at Renaissance Club in North Berwick.

LIVE ISCO Championship
Sat 9pm & Sun 9.45pm Sky Sports Main Event; Sat & Sun 9pm Sky Sports Golf
Days three and four at Hurstbourne Country Club in Louisville, Kentucky.

LIVE Open Heroes Classic
Tue 2pm Sky Sports Golf
From Royal Birkdale Golf Club.

LIVE The Open
Thu 6.30am Sky Sports Main Event & Sky Sports Golf, 9.30am Sky Sports+
Day one of the fourth Major of the year at Royal Birkdale Golf Club in Southport, Merseyside. See p28.

LIVE Corales Puntacana Championship
Thu & Fri 5pm Sky Sports Mix
Days one and two held at the Puntacana Resort and Club.

LIVE The Open
Fri 6.30am Sky Sports Main Event & Sky Sports Golf, 9.30am Sky Sports+
Day two of the fourth Major of the year at Royal Birkdale Golf Club in Southport, Merseyside. See p28.

Sport A-Z and football planner >>>

SUBSCRIPTION OFFER
6 issues for £1*

Visit: magazinesdirect.com/xts/DJ94W
Call: 0330 333 1113 and quote code DJ94W

TERMS AND CONDITIONS: Offer closes 31 October 2026. Offer open to new subscribers only. Direct Debit offer is available to UK subscribers only. *After your first 6 issues, your subscription will continue on at £31.25 payable by Direct Debit every 3 months, saving 32% on the full 3 monthly subscription price of £46.48. We will notify you in advance of any price changes. Payment is non-refundable after the 14 day cancellation period unless exceptional circumstances apply. For full terms and conditions, visit magazinesdirect.com/page/terms-and-conditions. For enquiries please email: help@magazinesdirect.com.

TV&Streaming week

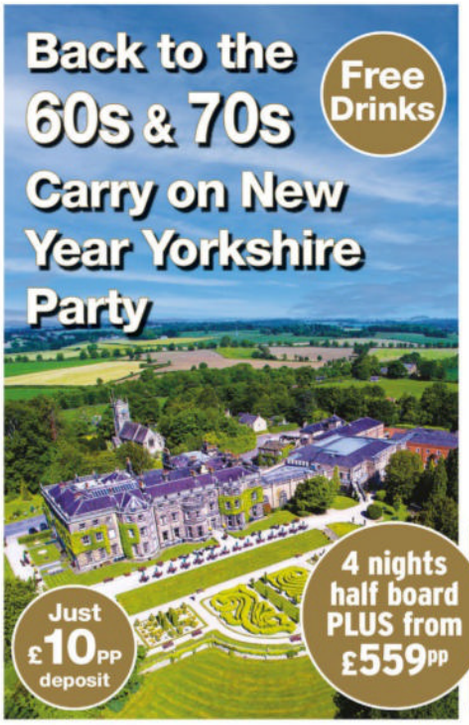
TRAVEL OFFERS

Music Thru The Decades at WARNER HOTELS

Over 40s only

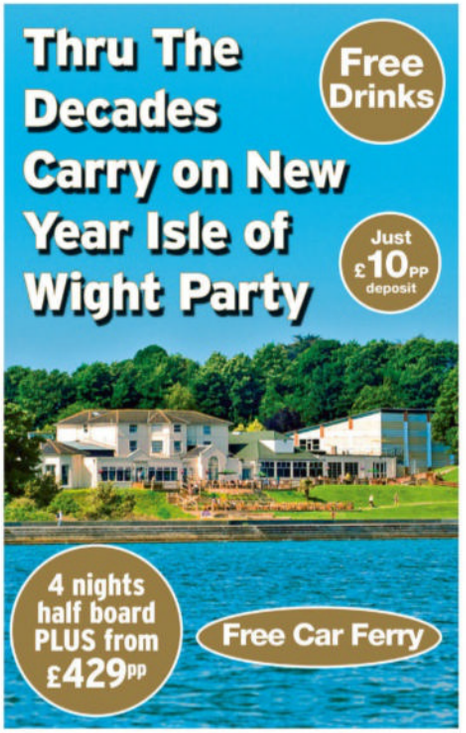
Warner Bembridge Coast Hotel

- Self Drive to resort
- **4 to 8 Jan 2027**
- James Williams Showband
- Emily Reed as Cher
- New Year Party with Keith Slater & 60s Explosion
- The Fortunes
- Joey Scott
- Jimmy Jemain as Cliff
- Masterpiece' Temptations tribute
- Carnaby Street
- YMCA Village People Experience
- The Decades Band
- Suzy Hopwood as Madonna
- Country Joe
- Uche Eke Soulfully Sung
- The Boulevards
- Jamie Thurston of Herman's Hermits
- 60s Supreme
- Little Miss 60s
- Child
- The GN A-Team



Warner Nidd Hall Hotel

- Self Drive to hotel
- **11 to 15 Jan 2027**
- Roy G Hemmings Dictionary of Soul
- 'Carry on New Year' countdown party with Rich Mix & Keith Slater
- 60s Supreme
- The Boulevards
- Masterpiece' Temptations tribute
- Tameka Jackson as Diana Ross
- From the Gap
- The Beached Boys
- Frankie Valli & Four Seasons tribute West End Jerseys
- CHILD
- Jimmy Jemain as Cliff
- Gaz Jenkins as Billy Joel
- Nancy Ann Lee
- Billy Shannon
- YMCA's Village People Experience
- Hijacked Hollies
- The GN A-Team



Warner Norton Grange

- Self Drive to resort
- **28 Jan to 1 Feb 2027**
- 'Carry on New Year' countdown party with Rich Mix & Keith Slater
- Nancy Ann Lee's Papa Don't Preach
- Soultown Divaz
- The Four D's
- Paul da Vinci's 60s & 70s Explosion
- Suzy Hopwood as Kylie Minogue
- Marc Robinson's Winter Dance Party tributes to Buddy Holly, Richie Valens, The Big Bopper, Dion & The Belmonts
- Sarah Riches - Hopelessly Devoted to Olivia Newton John with Band
- SOS Blues Brothers
- Motown's Legends
- Police tribute The Rozzers
- Joey Scott
- Frankie Valli & Four Seasons tribute West End Jerseys
- Country Joe
- Cheyne Moore's Motown & Soul
- The Boulevards
- The GN A-Team

ALL HOLIDAYS INCLUDE • Entertainment daytime & evenings with all *acts stated • Breakfasts & Dinners • Free drinks 6pm to midnight every night - house beers & spirits, wine by the glass, pumped soft drinks & mixers • Standard en-suite accommodation at the stated Warner resort (singles & upgrades available) • Car parking • Car ferry to Isle of Wight

GOLD BRITISH TRAVEL AWARDS 2025

GN Holidays & Voyages — QUALITY HOLIDAYS SINCE 1997

Call 01895 83 33 33

9am to 5.30pm weekdays. Book online at **gnholidays.com**

ABTA Y0291

Holidays operated by GN Holidays & Voyages (ABTA Y0291), a company wholly independent of Future Publishing. These private events cannot be booked direct with Warner. Prices shown are per person and based on two people sharing a standard twin or double bedded chalet/room - singles and upgrades available. £10pp deposit or full amount if booking less than 12 weeks to departure. We reserve the right to change acts performing. Over 40s only.

100% FINANCIAL PROTECTION

Sport week A-Z GUIDE

HORSE RACING

LIVE Newmarket
Sat 1.30pm ITV4
The third day of the July Festival.

MINORITY SPORTS

LIVE Climbing World Series
Sat 8pm & Sun 9am TNT Sports 3; Sun 7.30pm TNT Sports 1

MOTORCYCLING

LIVE MotoGP
Sat 7.30am TNT Sports 2
The Grand Prix of Germany Moto3 and Moto2 second free practice.

LIVE MotoGP
Sat 9am TNT Sports 2
The Grand Prix of Germany MotoGP second free practice and qualifying.

LIVE World Superbikes
Sat 9.30am TNT Sports 4
The Superbike third free practice session at Donington Park Circuit.

LIVE MotoGP
Sat 11.45am TNT Sports 2
The Grand Prix of Germany Moto3 and Moto2 qualifying sessions.

LIVE The Grand Prix of Germany MotoGP sprint race
Sat 1.45pm TNT Sports 2

LIVE World Superbikes
Sat 1.45pm TNT Sports 4
The first Supersport race at Donington Park Circuit in England.

LIVE MotoGP Rookies Cup
Sat 3pm TNT Sports 2
Grand Prix of Germany first race.

LIVE World Superbikes
Sat 3pm TNT Sports 4
The first Superbike race staged at Donington Park Circuit in England.

LIVE Moto4 Northern Cup
Sat 4pm & Sun 7.30am TNT Sports 2
Grand Prix of Germany races.

LIVE FIM Speedway Grand Prix
Sat 5.30pm TNT Sports 2
The sixth round of the season at Skrotfrag Arena in Malilla, Sweden.

LIVE MotoGP
Sun 8.30am TNT Sports 2
The Grand Prix of Germany warm-up sessions at Sachsenring.

LIVE The Grand Prix of Germany Moto3 race
Sun 9am TNT Sports 2
The 11 th round of the season staged at Sachsenring.

LIVE The Grand Prix of Germany Moto2 race
Sun 11am TNT Sports 2
From Sachsenring.

LIVE World Superbikes
Sun 11am TNT Sports 4
The Superbike Superpole race at Donington Park Circuit in England.

LIVE The Grand Prix of Germany MotoGP race
Sun 12.15pm TNT Sports 2
The 11 th round of the season staged at Sachsenring.

LIVE Women's Circuit Racing World Championship
Sun 12.45pm TNT Sports 4
From Donington Park Circuit.

LIVE World Superbikes
Sun 1.45pm TNT Sports 4
The second Supersport race.

LIVE World Superbikes
Sun 3pm TNT Sports 4
The second Superbike race at Donington Park Circuit in England.

MOTORSPORT

LIVE FIA World Endurance Championship
Sun 4.30pm TNT Sports 4
The Six Hours of Sao Paulo at Autodromo Jose Carlos Pace.

LIVE NASCAR
Sun 11.30pm Premier Sports 2
The Quaker State 400 in Georgia.

LIVE Formula 3
Fri 8.50am Sky Sports F1
Belgian Grand Prix practice session.

LIVE Formula 2
Fri 10am Sky Sports F1
Belgian Grand Prix practice session.

LIVE World Rally Championship
Fri 10.30am TNT Sports 2
The Rally Estonia special stages one, two and three from Tartu County.

LIVE Formula 1
Fri 12noon Sky Sports F1
The opening practice session of the Belgian Grand Prix staged at Circuit de Spa-Francorchamps.

LIVE Formula 3
Fri 1.55pm Sky Sports F1
The qualifying session for the Belgian Grand Prix staged at Circuit de Spa-Francorchamps.

LIVE World Rally Championship
Fri 2.15pm TNT Sports 2
The Rally Estonia special stages four, five and six from Tartu County.

LIVE Formula 2
Fri 2.50pm Sky Sports F1
The qualifying session for the Belgian Grand Prix staged at Circuit de Spa-Francorchamps.

LIVE Formula 1
Fri 3.35pm Sky Sports F1
The second practice session of the Belgian Grand Prix staged at Circuit de Spa-Francorchamps.

LIVE World Rally Championship
Fri 5.30pm TNT Sports 2
Rally Estonia special stage seven.

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 1
Champions League Group 5 games.

RUGBY LEAGUE

LIVE Dolphins v Cronulla-Sutherland Sharks
Sat 6am Sky Sports Action & Sky Sports+ (kick-off 6am)
The NRL match at Kayo Stadium.

LIVE Canterbury-Bankstown Bulldogs v Gold Coast Titans
Sat 6.15am Sky Sports Mix (kick-off 6.15am) The NRLW match staged at Accor Stadium, Sydney.

LIVE Sydney Roosters v Newcastle Knights
Sat 8.15am Sky Sports Mix (kick-off 8.15am) The NRLW fixture from Allianz Stadium, Sydney.

LIVE Canterbury-Bankstown Bulldogs v Canberra Raiders
Sat 8.30am Sky Sports Action (kick-off 8.30am)
The NRL match held at Accor Stadium in Sydney.

LIVE Sydney Roosters v Paramatta Eels
Sat 10.35am Sky Sports Action (kick-off10.35am)
The NRL match held at Allianz Stadium in Sydney.

LIVE Hull Kingston Rovers v Wakefield Trinity
Sat 5pm Sky Sports Action & Sky Sports+ (kick-off 5.30pm)
The Super League match staged at Sewell Group Craven Park Stadium.

LIVE Canberra Raiders v New Zealand Warriors
Sat 3am Sky Sports Mix (kick-off 3am) The NRLW match from GIO Stadium, Canberra.

LIVE St George Illawarra Dragons v Parramatta Eels
Sat 4.45am Sky Sports Mix (kick-off 4.45am) The NRLW game from WIN Stadium, Wollongong.

LIVE St Helens v Catalans Dragons
Fri 7.55pm BBC iPlayer & BBC Red Button (kick-off 8pm)
The Super League game.

LIVE Super League
Fri 7.55pm Sky Sports Action & 8pm Sky Sports+ (kick-off 8pm)

LIVE Canberra Raiders v Sydney Roosters
Fri 3.45am Sky Sports Mix (kick-off 3.45am) The NRLW match held at GIO Stadium, Canberra.

RUGBY UNION

LIVE New Zealand v Italy
Sat 6am ITV1 (kick-off 6.10am)
Both teams' second Nations Championship round-robin match held at Hnry Stadium. See p29.

LIVE Australia v France
Sat 8.10am ITV1 (kick-off 8.40am)
Both teams' second Nations Championship round-robin game from Suncorp Stadium. See p29.

LIVE Japan v Ireland
Sat 10.40am ITV1 (kick-off11.10am) The Nations Championship round-robin game at McDonald Jones Stadium. See p29.

LIVE Fiji v England
Sat 1.20pm ITV1 (kick-off 2.10pm)
Both teams' second Nations Championship round-robin fixture staged at Hill Dickinson Stadium. England prevailed 38-18 when the teams last met at Twickenham last November and will expect another victory this afternoon. See p29.

LIVE South Africa v Scotland
Sat 4.20pm ITV1 (kick-off 4.40pm)
Both teams' second Nations Championship round-robin game at Loftus Versfeld Stadium. See p29.

LIVE Argentina v Wales
Sat 7.30pm ITV1 & ITV4 (kick-off 8.10pm) Both teams' second Nations Championship round-robin game. See p29.

LIVE Rugby Junior World Championship
Sun 2.50pm Premier Sports 1 (kick-off 3pm) A thirteenth-place semi-final at Aia Arena in Georgia.

LIVE Rugby Junior World Championship
Sun 2.50pm Premier Sports 2 (kick-off 3pm) Fifth-place semi-final.

LIVE Rugby Junior World Championship
Sun 5.20pm Premier Sports 1 (kick-off 5.30pm) A thirteenth-place semi-final from Aia Arena.

LIVE Rugby Junior World Championship
Sun 5.20pm Premier Sports 2 (kick-off 5.30pm) A fifth-place semi-final from Georgia.

LIVE Rugby Junior World Championship
Mon 2.50pm Premier Sports 1 (kick-off 3pm) A ninth-place semi-final at Aia Arena in Georgia.

LIVE Rugby Junior World Championship
Mon 2.50pm Premier Sports 2 (kick-off 3pm) The first semi-final at Avchala Stadium in Tbilisi, Georgia.

LIVE Rugby Junior World Championship
Mon 5.20pm Premier Sports 1 (kick-off 5.30pm) A ninth-place semi-final at Aia Arena in Georgia.

LIVE Rugby Junior World Championship
Mon 5.20pm Premier Sports 2 (kick-off 5.30pm) The second semi-final at Avchala Stadium.

LIVE Rugby Junior World Championship
Fri 2.50pm Premier Sports 1 (kick-off 3pm) A fifteenth-place play-off at Aia Arena in Georgia.

LIVE Rugby Junior World Championship
Fri 2.50pm Premier Sports 2 (kick-off 3pm) The seventh-place play-off from Georgia.

LIVE Rugby Junior World Championship
Fri 5.20pm Premier Sports 1 (kick-off 5.30pm) A fifteenth-place play-off at Aia Arena in Georgia.

LIVE Rugby Junior World Championship
Fri 5.20pm Premier Sports 2 (kick-off 5.30pm) The fifth-place play-off from Georgia.

TENNIS

LIVE Wimbledon
Sat 11am BBC2
The opening play on the 13th day staged at the All England Club.

LIVE Wimbledon
Sat 12.20pm BBC1
The men's doubles final staged at the All England Club. See p29.

LIVE Wimbledon
Sat 3.30pm TNT Sports 3 & 4pm BBC1
The ladies singles final staged at the All England Club. Last year's final saw Poland's Iga Swiatek claim her first ever singles title at this event after she easily defeated American Amanda Anisimova. See p29.

LIVE Wimbledon
Sun 11am BBC2
The opening play on the 14th day.

LIVE Wimbledon
Sun 1.05pm BBC1
The ladies' doubles final staged at the All England Club. See p29.

LIVE Wimbledon
Sun 3.30pm TNT Sports 2 & 4pm BBC1
The gentlemen's singles final at the All England Club. Last year's final saw Jannik Sinner claim his first ever title at this tournament after he beat Carlos Alcaraz 4-6, 6-4, 6-4, 6-4 in the final. The victory crowned a brilliant year for Sinner, who had also won the Australian Open and the French Open in 2025. See p29.

LIVE ATP Swiss Open
Mon 9.30am Sky Sports Tennis
Day one at Roy Emerson Arena.

LIVE WTA and ATP Tours
Mon 12.30pm, Tue & Wed 9.30am Sky Sports+; Mon 12.30pm, Tue-Fri 9.30am Sky Sports Tennis

Football planner

Saturday 11

LIVE Stirling Albion v Dundee United
5.15pm Premier Sports 2 (kick-off 5.30pm)
The Premier Sports Cup Group B match from Forthbank Stadium.

LIVE World Cup
8.45pm ITV1 or 9.30pm BBC1 (kick-off 10pm)
The third quarter-final at Miami Stadium. This match will feature the winners of Brazil v Norway against the victors in England's clash with Mexico, with a mouthwatering prospect in store however those permutations pan out. Morocco made history at this stage of the tournament in Qatar as they became the first African and Arab nation to secure a place in the semi-finals as they overcame Portugal with a 1-0 win. See p29.

LIVE World Cup
1.15am ITV1 (kick-off 2am)
The fourth quarter-final at Kansas City Stadium. Familiar foes England and France faced each other for the 32nd time in the corresponding match in Qatar, and it was France who came out on top in a see-saw encounter. Aurélien Tchouaméni was first on the scoresheet for France in the 17th minute, and it took until the 54th minute for England to draw level through a Harry Kane penalty, before Olivier Giroud scored the winner. See p29.

Sunday 12

LIVE Seattle Reign v Portland Thorns
The NWSL match at Lumen Field.

Tuesday 14

LIVE World Cup
7pm ITV1 or BBC1 (kick-off 8pm)
The opening semi-final staged at Dallas Stadium in the USA. Some of the greatest matches in World Cup history have taken place at this stage of the tournament, including a 1958 encounter between Brazil and France, when a 17-year-old Pele scored a 23-minute hat-trick in a 5-2 victory, while 1970 saw Italy triumph 4-3 over West Germany in Mexico, with five of the seven goals scored in extra time. See p29.

Wednesday 15

LIVE World Cup
7pm ITV1 (kick-off 8pm)
The second semi-final at Atlanta Stadium. The corresponding stage of the tournament in Qatar four years ago resulted in two decisive scorelines, firstly with Argentina defeating Croatia 3-0 on the back of stellar performances from Lionel Messi and Julián Alvarez. That was followed by France triumphing 2-0 over a spirited Morocco, who pushed the 2018 champions all the way. See p29.

Thursday 16

LIVE Botafogo v Santos
11.25pm Premier Sports 2 (kick-off 11.30pm)
The Brasileiro Serie A match staged at Estadio Nilton Santos.

PHOTO: GETTY

TRAVEL OFFERS
RIVER CRUISE

RIVIERA TRAVEL

TV&Streaming week

Festive River Cruises

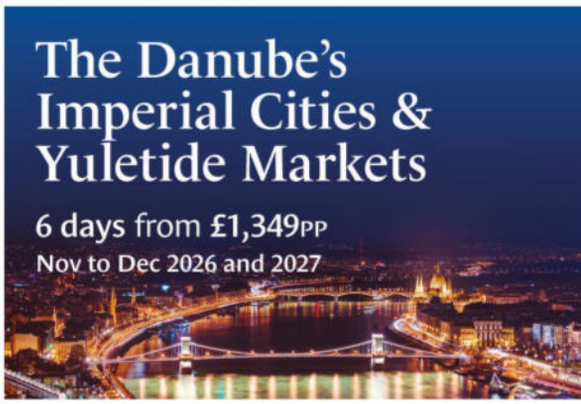
Plan ahead, **SAVE 10%** on 2027 & 2028 holidays^

Enchanting Rhine & Yuletide Markets

5 days from **£1,199**PP
December 2026 and 2027

The Danube's Imperial Cities & Yuletide Markets

6 days from **£1,349**PP
Nov to Dec 2026 and 2027



Magical Paris & Festive Seine River Cruise

5 days from **£1,349**PP
December 2026 and 2027

All cruises include:

- Direct flights or Eurostar^ plus transfers
- Accommodation on a five-star ship with impeccable on-board service
- Spacious cabins with window or French balcony
- Delicious full board dining, plus the Chef's Dinner
- Daily excursions & visits
- Free drinks package*
- Expert Riviera Cruise Director and Crusie Host

Your next adventure starts here...

For more information or to book, visit us online or call our experienced team

rivieratravel.co.uk/tvs | 01283 901 418 quoting code **TVS**

ABTA ABTA No. V4744

Which? Recommended Provider ESCORTED TOURS DECEMBER 2025

TERMS & CONDITIONS: Additional entrance costs may apply. Prices are per person, based on two sharing and subject to finite availability. Images used in conjunction with Riviera Travel. Offer operated by and subject to the booking conditions of Riviera Travel Ltd, ABTA V4744, ATOL 3430, a company wholly independent of TV & Streaming week, published by Future Plc. Prices correct at time of going to print. See website for full details. ^Eurostar option available on selected itineraries, supplement may apply. *2026 and 2027 river cruises include an unlimited quantity of drinks from 10am to midnight while on board (selected drinks available). ^Enjoy 10% off Riviera Travel holidays departing in 2027 or 2028. Valid on new bookings made from 28th May 2026 to 30th July 2026. Due to high demand, this offer is subject to availability and could be withdrawn on an individual departure basis. All advertised prices include the 10% discount where applicable. Subject to availability on a first-come, first-served basis for individual departures. Riviera Travel reserves the right to amend or withdraw this offer without prior notice. All bookings are subject to Riviera Travel's standard booking terms and conditions, available at rivieratravel.co.uk.

Saturday

11 July

Planner

Nations Championship

***RUGBY UNION** ITV1/ITV4*

Hemispheres collide as the inaugural World Rugby Nations Championship moves into its second round of fixtures. Today's games include Fiji v England (k-o 2.10pm), South Africa v Scotland (k-o 4.40pm) and Wales v Argentina (k-o 8.10pm).

The Sentinels

***DRAMA** BBC4, 9pm & 9.50pm (box set, BBC iPlayer)*

Based on a series of graphic novels, *Les Sentinelles*, this French sci-fi drama set in the trenches of World War I follows a soldier who is drafted into a top-secret military experiment to create 'super-soldiers'.

Redux Redux

***SCI-FI** Sky Premiere, 6.15am & 8.25pm*

A grieving mother (Michaela McManus, left) travels through parallel universes looking for repeated revenge after the murder of her daughter in this sci-fi thriller – an action which threatens her remaining humanity.

Wimbledon Finals

***TENNIS** BBC1, BBC2 & BBC iPlayer*

The ultimate prize in women's tennis is up for grabs on Centre Court as the tournament reaches its final Saturday. Also today is the men's doubles final – won last year by Brits Julian Cash and Lloyd Glasspool.

Saturday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 News	7.15 Pointless Celebrities	8.05 The Weakest Link	8.50 Casualty		9.40 How Are...	10.05 News	10.25 Film: Pretty Woman
	102 BBC2		7.15 Celebrity Antiques Road Trip	8.20 Dad's Army	8.50 TOTP: Big Hits 2000		9.50 TOTP: The Story of 2000		
	103 ITV1	7.00 News	7.30 Rugby Union: Nations Championship – Live: Argentina v Wales (Kick-off 8.10)						10.30 News
	104 CHANNEL 4	‹ 6.45 Film: Mrs Harris Goes to Paris				9.00 Film: Memory			
	105 5	7.00 Tour de France		8.00 Alexander Armstrong Across America		9.00 William: When He Becomes King			10.30 The Trial of...
	106 SKY ONE	7.00 Rob & Romesh vs Hollywood Stunts		8.00 Rob & Romesh vs the Three Lions		9.00 Film: Now You See Me 2			
ENTERTAINMENT	115 BBC3	7.00 Doctor Who			8.30 Not Going Out		9.30 Schitt's Creek		10.35 Mrs...
	116 BBC4	7.00 Today at the Test		8.05 Life on Earth		9.00 The Sentinels			10.30 The Black...
	118 ITV2	‹ 5.55 Film: Wonder Woman 1984				9.00 The 1% Club		10.00 Love Island: Unseen Bits	
	136 MORE4	‹ 6.55 Four in a Bed				9.00 24 Hours in A&E			
	135 E4	7.00 The Simpsons		8.00 Supercruising: Life at Sea		9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Blue Bloods		10.00 The Equalizer	
	108 SKY ATLANTIC	‹ 6.40 True Detective: Night Country							
	110 U&GOLD	‹ 6.40 The Vicar of Dibley		8.00 Red Dwarf			9.20 The Vicar of Dibley	10.00 Red Dwarf	
	111 U&DAVE	7.00 Would I Lie to You?				9.00 QI			
	119 ITV3	‹ 6.10 Midsomer Murders						10.05 Vera	
	120 ITV4	‹ 5.15 Sharpe					9.30 Junk & Disorderly		10.35 Wrestling...
	112 COMEDY CENTRAL	7.00 Friends				9.00 Lee Evans: XL Tour Live-Uncut			10.20 8 Out of 10 Cats Uncut
	145 SKY SCI-FI	7.00 Star Trek: Voyager				9.00 From			
	143 U&DRAMA	7.00 The Brokenwood Mysteries				9.00 The Count of Monte Cristo			10.10 Outrageous
	109 U&ALIBI	7.00 Death in Paradise		8.00 Father Brown		9.00 Death in Paradise		10.00 Father Brown	
	122 SKY ARTS	‹ 6.20 Ian Fleming and the Curse of Bond		8.00 Elvis: Summer of '56		9.00 Elvis Presley: The Early Years		10.00 Elvis: Tortured Soul	
	132 U&W	7.00 Ambulance Australia				9.00 Gavin & Stacey			
DOCUMENTARY	125 DISCOVERY	7.00 The Woodland Workshop		8.00 Maine Cabin Masters		9.00 Naked and Afraid: Global Showdown			
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 Alaskan Bush People: Book of Bear		10.00 Tanked	
	129 NAT GEO	7.00 Seconds from Disaster		8.00 Car S.O.S.				10.00 Mega Marine Machines	
	123 SKY HISTORY	7.00 Britain's Most Historic Towns				9.00 Hells Angels: Kingdom Come			
	155 U&YESTERDAY	7.00 Bangers & Cash							
	114 SKY DOCS	7.00 Film: Gascoigne				9.00 The Bee Gees: How Can You Mend a Broken Heart			

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x
* Terms & conditions: magazinesdirect.com/terms.

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen Live** New edition With Tom Read Wilson. (S)
11.30 **Anna Haugh's Big Irish Food Tour** TV presenter Vanessa Feltz joins Anna in east Cork. (S)(R)
12.00 NOON **BBC News** (S)
12.10 PM **Local News** (S)
12.20 LIVE **Wimbledon** Coverage of day 13 from the All England Club, where the men's doubles final is scheduled to take place. (S)
4.00 LIVE **Wimbledon** Clare Balding presents coverage of day 13 of the Grand Slam tournament from the All England Club, where the ladies' singles final takes centre-stage. (S)

• *Alternative schedule* If BBC1 show this evening's World Cup match, the schedule will be: **8.10pm Casualty** Dylan spirals as Matty confronts him about his drinking. (S)(AD) **9.00 How Are You? It's Alan (Partridge)** A tragic death leads to a moment of catharsis for Alan. (S)(R)(AD) **9.30 LIVE Football: World Cup** Coverage of the third quarter-final from Miami Stadium. Kick-off is at 10.00. (S) **12.00m't Weather for the Week Ahead** (S) **12.05-6.00am BBC News**

6 PM LIVE **Wimbledon** (started at 4.00pm)
■ *Today at Wimbledon* is at 11.50pm on BBC2

7 PM
7.00 **BBC News** (S)
7.15 **Pointless Celebrities** Holly Walsh, Desiree Burch, Larry Dean, Jessica Fostekew, Morgan Lake, Ashleigh Nelson, Beatie Edney and Michelle Collins take part. (S)(R)

8 PM
8.05 **The Weakest Link** With guests Stephen Mangan, Myra DuBois, Alistair McGowan, Ed Byrne, Colin Jackson, Dr Zoe Williams, Lisa Maxwell and Cathy Newman. (S)(R)
8.50 **Casualty** *Lethal Legacy – Part 10:* Dylan spirals after Matty confronts him about his drinking. (S)(AD)

9 PM
9.40 **How Are You? It's Alan (Partridge)** 6/6. A tragic death leads to a moment of catharsis for Alan. (S1) (S)(R)(AD)

10 PM
10.05 **BBC News** (S)
10.25 FILM **Pretty Woman** Romantic comedy starring Julia Roberts and Richard Gere. A multi-millionaire businessman and a Hollywood Boulevard sex worker fall in love. (S)(AD) (1990, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.20 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.25 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.20 AM **Children's Programmes** (S)
9.00 **Gardeners' World** (S)(R)
10.00 **This Wild Life** (S)(R)
10.30 **Talking Tennis: Game Changers** 2/2. The momentous changes brought to the Wimbledon tournament by star players. (S)(R)
11.00 LIVE **Wimbledon** Coverage of the opening play on day 13 of the Grand Slam tournament from the All England Club. (S)
1.15 PM **Bargain Hunt** (S)(R)(AD)
2.15 FILM **North by Northwest** Hitchcock thriller starring Cary Grant and Eva Marie Saint. (S) (1959, PG, 130min) ★★★★★
4.25 FILM **Vertigo** Hitchcock thriller starring James Stewart. A detective with a fear of heights is drawn into a complex intrigue. (S)(AD) (1958, PG, 125min) ★★★★★

9.50 TOTP: The Story of 2000

6.30 **Flog It!** Paul Martin and the team visit Wrest Park, Bedfordshire, as experts Christina Trevanion and Anita Manning take a look at the collectibles brought in by members of the public. (S)(R)
7.15 **Celebrity Antiques Road Trip** Experts Margie Cooper and Ishy Khan are joined by 1990s *Gladiators* Diane 'Jet' Youdale and James 'Hunter' Crossley to shop around Lancashire. (S)(R)
8.20 **Dad's Army** *The Deadly Attachment:* Mainwaring seizes the chance to contribute to the war effort by guarding a captured German U-boat crew. (S)(R)(AD)
8.50 NEW **TOTP: Big Hits 2000** A selection of *Top of the Pops* performances from the year, featuring Kylie, The Corrs, Spiller, Destiny's Child, Eminem, Robbie Williams and U2. (S)
9.50 NEW **TOTP: The Story of 2000** A musical review of the year that welcomed in a new millennium, with contributions from Craig David, Spiller, Darude, Trevor Nelson, Pete Tong and Sarah Cawood. (S)
10.50 **Craig David: Radio 2 in Concert** The singer performs at the BBC Radio Theatre in 2019. (S)(R)
11.50 **Today at Wimbledon** Highlights of the ladies' singles final. (S)
12.45 AM **Golf: Scottish Open Highlights** Day three action. (S)
1.45 **Cricket: T20 Highlights** Action from England v India. (S)
2.15 **Sign Zone: Queen James: Passion, Plots and Power in the Court of Britain's First King** (S)(R)
3.15 **to 6.35** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM LIVE **Rugby Union: Nations Championship** New Zealand v Italy: From Hnry Stadium in Wellington. Kick-off is at 6.10. (S)
8.10 LIVE **Rugby Union: Nations Championship** Australia v France: Coverage from Suncorp Stadium in Brisbane. Kick-off is at 8.40. (S)
10.40 LIVE **Rugby Union: Nations Championship** Japan v Ireland: Coverage from McDonald Jones Stadium in Newcastle, Australia. Kick-off is at 11.10. (S)
1.20 PM LIVE **Rugby Union: Nations Championship** Fiji v England: From Hill Dickinson Stadium in Liverpool. Kick-off is at 2.10. (S)
4.20 LIVE **Rugby Union: Nations Championship** South Africa v Scotland: From Loftus Versfeld Stadium, Pretoria. Kick-off 4.40. (S)

• *Alternative schedule* If ITV1 show this evening's World Cup matches, the schedule will be: **7.00pm ITV News** (S) **7.10 Local News** (S) **7.20 Who Wants to Be a Millionaire? Christmas Special** (S)(R) **8.10 Bradley & Barney Walsh: Breaking Dad** (S)(R)(AD) **8.45 LIVE Football: World Cup** Coverage of the third quarter-final from Miami Stadium. Kick-off is at 10.00. (S) **12.35am Password** (S)(R) **1.15 LIVE Football: World Cup** Coverage of the fourth quarter-final from Kansas City Stadium. Kick-off is at 2.00. (S) **4.35 Celebrity Lingo** (S)(R) **5.00 Unwind with ITV** (S) **5.25-6.00am Deal or No Deal: Banker's Best Battles** (S)(R)(AD)

7.00 **Local News** (S)
7.10 **ITV News** (S)
7.30 LIVE **Rugby Union: Nations Championship** Argentina v Wales: Lauren Salter presents all the action from both teams' second match in the round-robin stage, held at Estadio San Juan de Bicentenario. Argentina claimed a 52-28 victory in Cardiff when the teams met in November last year, and they will be favourites to prevail once again now they are on home soil. Analysis from Dan Biggar and Sam Warburton, and commentary by Gareth Rhys Owen and Jamie Roberts. Kick-off is at 8.10. (S)
■ If ITV1 show this evening's third World Cup quarter-final, Argentina v Wales will be shown live on ITV4
10.30 **ITV News** (S)
10.45 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense. (S)(R)(AD)
11.45 **Sorry, I Didn't Know** With Jordan Stephens, Kae Kurd, Oti Mabuse and Kiri Pritchard-Mclean. (S)(R)
12.15 AM **Romesh Ranganathan's Parents' Evening** (S)(R)(AD)
1.15 **Teleshopping**
3.00 **Wheel of Fortune** (S)(R)(AD)
4.00 **Unwind with ITV** (S)
4.55 **Celebrity Lingo** (S)(R)(AD)
5.25 **to 6.00** AM **Deal or No Deal: Banker's Best Battles** (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.00 AM **The King of Queens** (S)(R)(AD)
7.40 **Everybody Loves Raymond** (S)(R)
9.05 **The Simpsons** (S)(R)(AD)
11.05 **Frasier** 20-22/25. (S11) (S)(R)(AD)
12.35 PM **A New Life in the Sun: Road Trip** Following Brits who have set up lives abroad. One couple in Andalucía have a plan to host weddings, and another is leaning on the job. (S)(R)
1.35 **Four in a Bed** Five editions of the B&B challenge. (S)(R)
4.15 **Location, Location, Location** In Yorkshire, Kirstie Allsopp and Phil Spencer help couple Emily and Joe find their first house. (S)(R)
5.15 **Kirstie and Phil's Love It or List It** Kirstie and Phil help two baptist ministers decide whether to sell up or keep their home in Alnwick, Northumberland. (S)(R)(AD)

6.45 Mrs Harris Goes to Paris

6.15 **News** (S)
6.45 FILM **Mrs Harris Goes to Paris** Comedy drama starring Lesley Manville. A widowed cleaning lady embarks on an extraordinary adventure in Paris after becoming obsessed with a designer dress. With Isabelle Huppert, Lambert Wilson and Jason Isaacs. (S)(AD) (2022, PG, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
9.00 FILM **Memory** Crime thriller starring Liam Neeson and Guy Pearce. A veteran hitman decides to retire as he confronts the symptoms of Alzheimer's, but reluctantly accepts one final job – to kill a lawyer in possession of an incriminating flash drive. With Monica Bellucci. (S)(AD) (2022, 15, 135min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.15 FILM **Legion** Fantasy thriller with Paul Bettany and Lucas Black. (S)(AD) (2010, 15, 105min) ★★★
1.00 AM FILM **Alita: Battle Angel** Sci-fi adventure starring Rosa Salazar and Christoph Waltz. (S)(AD) (2019, 12, 125min) ★★★★
3.05 **Ramsay's Kitchen Nightmares USA** An Italian bistro in La Verne, southern California. (S)(SL)(R)
3.50 **to 5.55** AM **The Simpsons** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Entertainment News** (S)
9.25 **Secrets of the Royal Palaces** Double bill of editions. (S)(R)
11.10 **Inside the Four Seasons: Park Lane** Double bill. (S)(R)
1.10 **The Royals: Uncensored** New edition Debate and insider analysis on the Royal Family. (S)
2.10 **Summer in the Scilly Isles** A look at a groundbreaking honeybee project. (S)(R) **3.10** Divers explore the wreck of a 17th-century ship. (S)(R)
4.05 **Yorkshire Great and Small with Dan and Helen** Dan Walker and Helen Skelton begin their journey in the historic town of Skipton. (S)(R) **5.05** Helen and Dan head to the East Yorkshire coast. (S)(R)

8.00 Alexander Armstrong

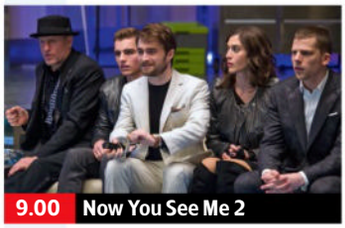
6.00 **Hatfield House: A Royal Residence** Documentary exploring the history of the stately home in Hertfordshire. (S)(R)
6.55 **News** (S)
7.00 **Tour de France** Rebecca Charlton presents highlights from stage eight, as the race moved through the Dordogne region on a 184.4km stage from Périgueux to Bergerac. (S)
8.00 **Alexander Armstrong Across America** New edition 3/4. Alexander travels from the mighty Hoover Dam to the bright lights of Las Vegas and the deserts of Utah. (S)
9.00 **William: When He Becomes King** Documentary exploring how the Prince of Wales might shape and redefine the monarchy when he is eventually crowned king, assessing the challenges he is likely to face. (S)(R)
10.30 **The Trial of Paul Burrell** A look at the collapse of the 2002 trial for theft of Diana, Princess of Wales' former butler. (S)(R)
11.50 **Murder Scene: The Incident Room** Documentary. (S)(R)
12.50 AM **Entertainment News** (S)
1.00 **Teleshopping** (S)
2.00 **When Train Journeys Go Horribly Wrong** (S)(R)
3.15 **Friends** (S2&3) (S)(R)(AD)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Hawaii Five-0** (S5) (S)(R)
9.00 **David Attenborough's Wild City** Triple bill. (S)(R)(AD)
12.00 NOON **The Simpsons** (S)(R)
2.30 PM **La Brea** 1/14. Desperate to reunite with her son, Eve follows a lead that brings her face to face with a ruthless prehistoric group. (S)(R)(AD)
3.30 **La Brea** 2/14. Gavin enlists his grandfather's help to guide him to his missing wife, while Eve and Levi navigate a horrifying new reality. (S2) (S)(R)(AD)
4.30 **Animal Control** 1/12. Comedy series following animal control workers in Seattle. (S)(R) **5.00** 2/12. A man has a python wrapped around his neck. (S)(R) **5.30** 3/12. Amit squares off against a kangaroo. (S1) (S)(R)


9.00 Now You See Me 2

6.00 **Animal Control** 4/12. The office receives a desperate 911 call about a bear in a hot tub. (S)(R) **6.30** 5/12. Frank and Shred respond to a call about a distressed cow. (S1) (S)(R)
7.00 **Rob & Romesh vs Hollywood Stunts** Rob Beckett and Romesh Ranganathan head to Los Angeles to throw themselves into the world of Hollywood stuntmen. (S)(R)(AD)
8.00 **Rob & Romesh vs the Three Lions** The duo meet the stars of the England men's football team and manager Gareth Southgate ahead of the 2022 World Cup. (S)(R)(AD)
9.00 FILM **Now You See Me 2** Crime thriller sequel starring Jesse Eisenberg, Mark Ruffalo, Daniel Radcliffe and Morgan Freeman. A gang of magicians-turned-criminals reunite to expose the illegal activities of a ruthless businessman. (S) (2016, 12, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.20 **Maisie Adam: Appraisal** A home town show by the comedian at Harrogate Theatre in which she looks back at her five years as a stand-up. (S)(R)
12.40 AM **The Force: North East** Northumbria Police answer a flood of 999 calls. (S)(R) **1.40** The cells fill up during a busy Saturday night. (S)(R)
2.35 **Road Wars** (S)(R)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
11.30am-12.00noon Wales' Home of the Year (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
4.25pm Vintage Antiques Roadshow (S)(R) **5.10** Oul Treasures (S)(R) **5.40** LIVE All-Ireland Senior Football Championship (S) **8.00-8.20pm** Barra on the Foyle (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Parc Glan Gwil **10.15** Garddio a Mwy **10.45** Dan Do **11.15** Gwyliau Gartref (AD) **11.45** Ffermio **12.15pm** Ffasiwn Drefn (AD) **12.45** 3Cân **1.15** Iolo: Natur Bregus Cymru (AD) **2.15** Jason Mohammad: Stadiymau'r Byd **3.15** Am Dro! (AD) **4.15** Cymry ar Gynfas **4.40** Sgwrs Dan y Lloer: Sarra Elgan **5.10** Cynefin **6.10** Cyfres Triathlon Cymru **7.15** Newyddion a'r Tywydd **7.30** Clwb Rygbi Rhyngwladol **10.30** Seiclo: Tour de France **11.00-11.35pm** Stiwdio24/7

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Doctor Who** *The Girl Who Died:* 5/14. Part one of two. The Time Lord and Clara are captured by Vikings. **7.45** *The Woman Who Lived:* 6/14. The Time Lord encounters a highwayman in 17th-century London. (S9)
8.30 **Not Going Out** 3/6. Lee promises Lucy to be more friendly with other parents. **9.00** 4/6. Lee has too much time on his hands after an operation. (S12)
9.30 **Schitt's Creek** 11/13. Moira's estranged sister Deedee visits unexpectedly. **9.50** 12/13. Johnny plans a birthday party for Moira. **10.15** 13/13. Johnny has found a potential buyer for the town. (S1)
10.35 **Mrs Brown's Boys** Festive special from 2011. Agnes tries to arrange the perfect family Christmas. **11.05** The family await the fruits of their insurance fraud.
11.35 **Only Child**
1.00 AM **Bluestone 42**
2.30 **to 4.00** AM **Doctor Who**

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Today at the Test** England v India: Action from day two of the one-off women's Test at Lord's.
8.05 **Life on Earth** Naturalist David Attenborough examines the life of insects.
9.00 NEW SERIES **The Sentinels** 1/8. French sci-fi drama starring Louis Peres. At the outbreak of World War One, a wounded soldier is recruited into a top-secret military programme. **9.50** New episode 2/8. Gabriel must join the Sentinels brigade if he wants to see his family again. (S1)
10.30 **The Black Forest Murders** 1/4. German crime drama with Nina Kunzendorf. **11.20** 2/4. A second body is discovered. Subtitled. (S1)
12.05 AM **Keeping Up Appearances**
12.35 **One Foot in the Grave**
1.05 **The Last Battle of the Vikings** Documentary.
2.05 **Life on Earth**
3.00 **to 3.30** AM **Great British Railway Journeys**

MORE4

136/137 127 147 18 124 15

8.55 AM **Four in a Bed**
11.35 **A Place in the Sun**
3.40 PM **Come Dine with Me** Drinks-brand ambassador Dan hosts night one in Hull. **4.15** Computer fanatic Matt hosts the second night. **4.50** Dog walking entrepreneur Jordanna hosts **5.20** Florist Jayne hosts. **5.50** Business manager Tony hosts the final night.
6.20 **Four in a Bed** The contest begins at Watergate Yard in Sleaford, Lincolnshire.
6.55 **Four in a Bed** The week's second visit is to Birdholme Glamping in Nottinghamshire. **7.25** The third visit of the week is to Holly Hill Inn in Richmond, North Yorkshire. **7.55** The final visit is to Woodland Park Lakes Holidays in Windermere. **8.30** Payment Day arrives.
9.00 **24 Hours in A&E** A 93-year-old man is treated for life-threatening injuries after being struck by a hit-and-run driver.
10.00 **24 Hours in A&E** An eight-year-old boy falls 8ft onto concrete while riding his BMX, possibly injuring his spine, while a teenage motorcyclist is in danger of losing a leg after an accident.
11.05 **999: On the Front Line**
1.15 AM **24 Hours in A&E**
3.20 **to 3.50** AM **The Perfect Pitch**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **The Great Australian Bake Off** The remaining bakers compete in Celebration Week.
7.00 **Ramsay's 24 Hours to Hell and Back** Five editions.
12.00 NOON FILM **Cloudy with a Chance of Meatballs 2** Animated comedy sequel with the voice of Bill Hader. An inventor and his friends return to an island overrun by giant food animals. (2013, U, 93min) ★★★
2.00 PM **The Simpsons**
7.00 **The Simpsons** *Bart's New Friend:* Homer is hypnotised into thinking that he is a 10-year-old boy. **7.30** *Walking Big & Tall:* Bart and Lisa try to find a new town anthem for Springfield.
8.00 **Supercruising: Life at Sea** The crew of the MS *Nieuw Statendam* prepare to set sail from Fort Lauderdale on a two-week voyage around the Caribbean.
9.00 **Celebrity Gogglebox** Famous faces appraise *Killing Eve, Serengeti* and *The Silence of the Lambs.*
10.00 **Gogglebox** Reviews of *The Housemaid, Secret Garden* and *Love on the Spectrum.*
11.05 **Gogglebox**
12.05 AM **First Dates**
1.10 **First Dates: Valentine's Special** Dating show.
2.15 **Gogglebox**
4.05 **to 6.00** AM **The Goldbergs**

+1 hr 235/236 306 30 123 256

Saturday primetime primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Sun, Sea and A&E**
8.00 **A1: Britain's Longest Road**
9.00 **UK Border Force**
10.00 **Caught on Dashcam**
12.00 NOON **Caught Red Handed** A bar owner fight back against bag-snatchers and pickpockets. **12.40** PM Police apprehend criminals involved in a drug ring. **1.20** A trap is set to catch a thieving employee.
2.00 **Nothing to Declare** Ten editions of the documentary series following the work of customs officers in Australia.

9.00 Blue Bloods

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **Blue Bloods** *Homefront:* 5/21. Frank launches an investigation after members of the Reagan family are harassed. (S13)

10 PM
10.00 **The Equalizer** *Hard Money:* 15/18. McCall is forced to ask her ex-husband for help with a gunshot victim. (S2)
11.00 **FBI: International** 1/22. A detective is murdered. (S2)
12.00 M'T **Law & Order: Special Victims Unit** 16/22. (S26)
1.00 AM **Caught on Dashcam**
2.00 **Brit Cops: Rapid Response**
4.00 **A1: Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Billions** 9-12/12. (S3)
12.15 PM **Gomorrah** Five episodes of the drama, including at: **3.30** 4/12. Genny knows he must confront Scianel. **4.30** 5/12. Genny looks to get back on his feet with a new supplier. Subtitled. (S3)
5.30 **True Detective: Night Country** 1/6. Eight men from an Arctic research station in Alaska vanish without a trace. **6.40** 2/6. Danvers and Prior learn more about Tsalal. (S4)

5.30 True Detective

7.50 **True Detective: Night Country** 3/6. Navarro and Danvers seek out a hairdresser for insight on Annie, which leads to a tip about another former Tsalal worker.

9.00 **True Detective: Night Country** 4/6. When Julia's mental-health struggles resurface, Navarro takes her to a local facility, promising this time will be better. **10.15** 5/6. Prior digs into the links between Tsalal and mining company Silver Sky. (S4)
11.30 **True Detective: Night Country** 6/6. As the truth about what happened to Annie unfolds, Navarro and Danvers confront their demons. (S4)
1.00 AM **DTF St Louis** 4&5/7. (S1)
3.05 **Deadwood** 5&6/12. (S1)
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Deal or No Deal**
7.00 **Backyard Builds**
7.55 **Dress to Impress**
10.00 **Deal or No Deal**
1.05 PM **Wheel of Fortune**
2.10 FILM **Rio** Animated comedy. (2011, U, 96min) ★★★★
4.05 FILM **Ice Age: Collision Course** Animated sequel with the voice of Ray Romano. (2016, U, 94min) ★★
5.55 FILM **Wonder Woman 1984** Superhero action adventure sequel starring Gal Gadot. (2020, 12, 151min) ★★★★

2.10 Rio

7 PM
FILM **Wonder Woman 1984** (started at 5.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9 PM
9.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

10 PM
10.00 **Love Island: Unseen Bits** New edition Reality show in which singletons seeking a romance compete in the hope of finding love.
11.05 **Family Guy** 25/30. Brian's gay cousin plans to marry. (S4)
11.35 **Family Guy** 20/30. (S4)
12.05 AM **American Dad!** (S4)
1.05 **G'wed** 5/7. (S3)
1.40 **Plebs** 6/6. (S1)
2.10 **Piglets** 3/6. (S2)
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
6.35 **Wycliffe** 4&5/8. (S2)
9.55 **Endeavour** *Overture (Pilot).*
12.00 NOON **The Darling Buds of May** 3&4/7. Double bill. (S1)
2.10 PM **Midsomer Murders** *The Maid in Splendour:* A barman from rural inn the Maid in Splendour is shot dead. **4.10** *Things That Go Bump in the Night:* An undertaker's murder is investigated. **6.10** *Dead in the Water:* A body is found in a river during the Midsomer Regatta.

2.10 Midsomer Murders

7 PM
Midsomer Murders (started at 6.10pm)

8 PM
8.10 **Midsomer Murders** *Orchis Fatalis:* A rare orchid is smuggled into Midsomer Malham, prompting a killing spree, so Barnaby and Scott try to discover who is desperate enough to commit murder to get hold of the plant.

9 PM

10 PM
10.05 **Vera** *On Harbour Street:* Investigating the death of a pensioner found stabbed on a busy train, Vera follows the trail to a quiet coastal town where clues appear to lead to one particular street.
11.55 **Inspector Morse** *Deceived by Flight:* Murder delays an Oxford cricket match.
2.05 **to 2.30** AM **George and Mildred**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **World of Sport**
6.20 **The Big Match Revisited**
8.20 **The Champions**
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.30 **World of Sport**
11.50 **Made in Britain**
12.15 PM **The Return of Sherlock Holmes** Murder mystery.
1.30 LIVE **Racing** The third and final day of the July Festival from Newmarket. Plus, racing from York and Ascot.
5.15 **Sharpe** *Sharpe's Mission:* Major Brand tries to dupe Sharpe.

• *Alternative Schedule:* If ITV1 show this evening's World Cup football, the ITV4 schedule will be: **7.30pm** LIVE **Rugby Union: Nations Championship** Argentina v Wales: Coverage of both teams' second match in the round-robin stage. Kick-off is at 8.10. **10.30 Wrestling: AEW Dynamite 12.30am Minder 1.30 Goals of the 1990s 1.45 Two and 2.45-3.00am Unwind with ITV**

7 PM
7.30 **Sharpe** *Sharpe's Waterloo:* 3/3. Learning Napoleon has returned from exile, Sharpe joins forces with the remaining Chosen Men for one of history's most momentous military engagements – the Battle of Waterloo. Stars Sean Bean. (S5)

8 PM
9.30 **Junk & Disorderly** Henry Cole visits automobilia heaven, Allen and Skid fix a monkey bike, and the three Junketeers head to Stratford in a bid to sell their restored items.

9 PM
10.35 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling.

10 PM
12.35 AM **Minder**
1.35 **Dempsey and Makepeace**
2.35 **Two and a Half Men**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Repair Shop on the Road** The team help save Britain's oldest wooden ship in Dundee.
8.00 **Interior Design Masters with Alan Carr** 1/8. A new group of designers transform beach huts in Dorset.
9.00 **The Secret Letters of Mary Queen of Scots** The deciphering of coded letters from the 1570s and 1580s.
10.00 **Since Yesterday: The Untold Story of Scotland's Girl Bands** The pioneering female bands that challenged a male-dominated industry.
11.30 PM **to 12.00** M'T **Stevens & McCarthy** 2/4. Awkward husbands make for an awkward chat, and a manspreader learns a lesson. (S1)

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Sort Of** 3/8. (S1)
8.25 **Will & Grace** (S5)
11.00 **Breeders** 1-5/10. (S2)
1.30 PM **Community** (S4&5)
4.00 **Will & Grace** (S1)
6.30 **The Office (US)** 20/22. Dwight finds marijuana in the car park. **7.00** 21/22. Michael takes over conflict resolution duties. **7.30** 22/22. Dunder-Mifflin hosts a charity casino night. (S2) **8.00** 1/25. Michael lets slip that one of his colleagues is gay. **8.30** 2/25. Ryan goes on a double date with Kelly (S3)
9.00 **Paul Chowdhry: Family Friendly Comedian**
10.15 **James Acaster: Hecklers Welcome**
11.45 FILM **Swede Caroline** Mockumentary with Jo Hartley and Aisling Bea. (2024, 15, 98min) ★★★
1.40 AM **Avenue 5** (S1&2)
4.35 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **The Wind in the Willows** Musical.
8.15 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Grand Ole Opry: Opry Live** With Jelly Roll.
2.00 **Discovering: Judi Dench**
3.00 **Cirque du Soleil: Varekai** Circus show.
5.00 **André Rieu: Live in Bahrain**
6.20 **Ian Fleming and the Curse of Bond**
8.00 **Elvis: Summer of '56**
9.00 **Elvis Presley: The Early Years** Documentary.
10.00 **Elvis: Tortured Soul**
11.25 **Chuck Berry: The King of Rock n' Roll**
1.10 AM **Buddy Holly: Rave On** Documentary.
2.25 **Neil Diamond: Under a Tennessee Moon**
3.20 **Led Zeppelin: In the Light** Documentary.
4.35 **Classic Albums**
5.35 **to 6.00** AM **Discovering: Leonard Cohen**

Sky Mix

151 158 156 11 141 23

6.00 AM **Border Patrol**
8.00 **Border Security: America's Front Line**
10.00 **Nothing to Declare**
12.00 NOON **Caught on Dashcam** Double bill.
2.00 PM **Caught Red Handed** Triple bill.
4.00 **Ningaloo: Australia's Ocean Wonder**
5.00 **Deep Dive North America** Documentary.
6.00 **Reef Wrecks** The history of Mexico's Yucatán Peninsula.
7.00 **Coral City** As winter descends, life on the bustling reef slows down.
8.00 **Caught on Dashcam** Road disasters captured on video by cameras.
9.00 **Agatha Christie's Sparkling Cyanide** Murder mystery starring Pauline Collins.
11.00 **Caught on Dashcam**
1.00 AM **Killer in My Village**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Five university friends take part.
3.00 **Who Wants to Be a Millionaire?** Quiz show.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts the game show as Leon tries to open the 22 red boxes in the right order.
6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
8.00 **Celebrity Wheel of Fortune** With guests AJ Odudu, Gok Wan and Charlotte Church.
9.00 **The Chase Celebrity Special** With Cheryl Baker, Laura Tobin, Jason Bell and Mark Steel.
10.00 **Tipping Point** Triple bill of the game show.
12.55 AM **Tenable** Quiz show.
1.50 **Riddiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Kirstie and Phil's Love It or List It: Brilliant Builds**
9.30 **A Place in the Sun**
11.30 **Come Dine with Me**
2.00 PM **Couples Come Dine with Me** From Cornwall.
3.00 **George Clarke's Remarkable Renovations**
4.00 **A Place in the Sun**
8.00 **Location, Location, Location** Kirstie Allsopp and Phil Spencer go house-hunting in Buckinghamshire.
9.00 **Grand Designs** Kevin McCloud looks back at the very first edition of the show.
10.00 **Night Coppers**
11.00 **8 Out of 10 Cats Does Countdown**
12.05 AM **Celebrity Gogglebox**
1.05 **Gogglebox**
2.05 **Emergency Helicopter Medics** Documentary.
3.05 **999: On the Front Line**
4.05 **to 5.05** AM **24 Hours in A&E**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** Five episodes, including at: **3.00** PM 22/26. Trip's curiosity lands him in trouble. (S2)
4.00 **Star Trek: Voyager** 21/26. A runaway toxic waste freighter threatens to pollute the quadrant with theta radiation. **5.00** 22/26. The Doctor helps Seven develop her dating skills. **6.00** 23/26. Captain Janeway relates the tale of her pioneering ancestor. (S5)

7.00 Star Trek: Voyager

7.00 **Star Trek: Voyager** *Relativity:* 24/26. A time ship from the future recruit Seven of Nine to prevent the destruction of *Voyager*.
8.00 **Star Trek: Voyager** *Warhead:* 25/26. The crew try to prevent a deadly weapon from causing mass destruction. (S5)
9.00 **From** *The Arrival:* 1/10. A new arrival throws the town into chaos, and Boyd grapples with Smiley's return.
10.00 **From** *Fray:* 2/10. A gruesome discovery sends shockwaves through the town. (S4)
11.00 **From** 3/10. Boyd tries to save Acosta from herself, while Tabitha embarks on a desperate gamble. (S4)
12.00 M'T **Grimm** 21/22. Wu's life is placed in jeopardy. **1.00** AM 22/22. A horrifying discovery stuns Nick. (S4)
2.00 **The Walking Dead** (S6)
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S15)
10.00 **Miss Scarlet** (S6)
12.00 NOON **Death in Paradise**
1.00 PM **Father Brown**
5.00 **Return to Paradise** 1/6. *Death in Paradise* spin-off starring Anna Samson. A police officer is deployed to Australia, where she soon finds herself working on a case alongside her jilted ex-fiancé. **6.00** 2/6. A man is fatally poisoned shortly after advising Mackenzie that many lives are in danger. (S1)

8.00 Father Brown

7.00 **Death in Paradise** *The Blood Red Sea:* 7/8. A treasure hunter is found dead after making a valuable discovery. (S5)
8.00 **Father Brown** *The Tower of Lost Souls:* Father Brown and Chief Inspector Valentine uncover a dark secret at Helmsley House.
9.00 **Death in Paradise** *Flames of Love:* 8/8. A student backpacker is found dead with a gun in her hand. (S5)
10.00 **Father Brown** *The Kembleford Dragon:* The priest investigates when the local stationmaster is found murdered.
11.00 **Father Brown** *The Angel of Mercy:* Mrs McCarthy's friend dies suddenly in her sleep. **12.00** M'T *The Face of the Enemy:* Lady Felicia returns to Kembleford from Africa.
1.00 AM **Murdoch Mysteries** (S15)
2.55 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.35 AM **The Vicar of Dibley**
12.45 PM **The Vicar of Dibley** Ten episodes, including at: **4.40** First-ever episode of Richard Curtis's comedy. The villagers discover that their new vicar is a woman. **5.20** The *Songs of Praise* crew arrive in Dibley. With guest star Peter Capaldi. **6.00** Geraldine is keen to find a celebrity to open the autumn fair in style. With guest star Kylie Minogue. **6.40** Geraldine raises funds for a new stained glass window.

7.20 The Vicar of Dibley

7.20 **The Vicar of Dibley** Local election fever hits the village and Geraldine finds she is a more popular candidate than David.
8.00 **Red Dwarf** Rimmer tries to be transferred to a ship crewed by holograms. **8.40** The Inquisitor arrives on board to eliminate worthless beings.
9.20 **The Vicar of Dibley** Geraldine conducts a radical Sunday service for the animals of the village.
10.00 **Red Dwarf** Rimmer is taken prisoner by the creations of his own mind. **10.35** Rimmer forces the crew into quarantine.
11.15 **The Vicar of Dibley** Geraldine shoots to stardom.
11.55 **Bottom: Hooligans Island Live 1997** Manic flatmates Eddie and Richie become marooned on a desert island.
2.05 AM **Bottom**
2.50 **to 4.00** AM **The Outlaws**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Highland Cops**
8.20 **Would I Lie to You?**
1.40 PM **Would I Lie to You? at Christmas** With Guz Khan.
2.20 **Would I Lie to You?** Seven editions, including at: **5.00** Munya Chawawa, Bob Mortimer, Alice Roberts and Snoochie Shy take part. **5.40** With panellists Lucy Beaumont, Anton Du Beke, Desiree Burch and Ralf Little. **6.20** With Stephen Bailey, Asim Chaudhry, Gemma Collins and Sally Lindsay.

9.00 QI

7.00 **Would I Lie to You?** With Tom Allen, Sarah Greene, Ugo Monye and Morgana Robinson. **7.40** Host Rob Brydon presents previously unseen material. **8.20** Further unseen material from the comedy panel show.
9.00 **QI** Alan Davies, Jimmy Carr, Phill Jupitus and Johnny Vegas answer questions about eating. **9.40** With guest panellists Sean Lock, Rich Hall and Bill Bailey. **10.20** With guests David Mitchell, Dara O Briain and Phill Jupitus.
11.00 **Not Going Out** Double bill.
12.15 AM **Not Going Out Christmas Special** From 2023.
1.15 **Have I Got a Bit More News for You** Gary Neville hosts
2.25 **I'll Get This** With Adil Ray.
3.30 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.10 AM **Birds of a Feather**
9.40 **Jonathan Creek**
1.30 PM **Father Brown**
2.30 **New Tricks** *Tender Loving Care:* The team investigate the murder of a junior doctor. **3.45** *Deep Swimming:* The team reopen the investigation into a terrorist's death. Guest stars Barnaby Kay.
4.50 **Miss Marple** *A Pocketful of Rye:* The sleuth investigates the case of a businessman whose death echoes the lines of a nursery rhyme.

4.50 Miss Marple

7.00 **The Brokenwood Mysteries** *Midnight in the Garden of Good & Ungood:* 3/6. A mystery recluse – and rumoured ex-spy – hosts a New Year's Eve masquerade ball, but his untimely death turns masked guests into suspects. (S12)
9.00 **The Count of Monte Cristo** 5/8. Edmond learns Danglars' success is due to illicit access to government information. (S1)
10.10 **Outrageous** 1/6. Drama following six aristocratic sisters as they come of age during the 1930s. Stars Bessie Carter. (S1)
11.10 **The Last Detective** *Friends Reunited:* A man is found dead after a college reunion. Guest stars Stephen Tompkinson and Steve Pemberton.
12.45 AM **New Tricks**
2.05 **Birds of a Feather**
2.50 **to 4.00** AM **Harry Wild**

+1 hour 243 316 60 260

Saturday

7 PM 8 PM 9 PM 10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Wild Cards** 1&2/10. (S1)
11.00 **Blue Bloods** (S4)
2.10 PM **Bull** 1-5/16. (S5)
7.05 **Jesse Stone: Sea Change** The murder of a bank clerk whose body was found near the coast is investigated.
9.00 **NCIS** *Fun and Games:* The unit investigate the death of one of Kasie's forensic scientists. (S22)
10.00 **Law & Order: Special Victims Unit** *Educated Guess:* 8/23. A man claims to have witnessed a rape in a hospital. **11.00** *Lost Traveller:* 9/23. A Romany boy goes missing. (S13) **12.00** M'T *Totem:* 20/24. A girl's body is found outside a church. **1.00** AM *Reparations:* 21/24. Guest stars Terrence Howard. (S12)
1.55 **to 3.50** AM **Bull**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S8)
10.00 **Car Pound Cops**
10.30 **Nightmare Tenants, Slum Landlords**
3.35 PM **Fare Dodgers: At War with the Law**
6.35 **FILM Runaway Bride** Romantic comedy starring Julia Roberts and Richard Gere. (1999, PG, 116min) ★★★
9.00 **FILM The Best Exotic Marigold Hotel** Comedy drama starring Judi Dench, Bill Nighy and Maggie Smith. A motley group of hard-up pensioners move to India for their retirement. (2011, 12, 118min) ★★★★
11.25 **Piers Morgan: Uncensored**
1.25 AM **Adults Only: S**gging 9 to 5**
2.25 **Adults Only: Hurts So Good** The BDSM world.
3.10 **to 4.00** AM **Killer at the Crime Scene**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.05 **Winter Road Rescue**
9.40 **Police Interceptors**
1.40 PM **Gunsmoke** (S12)
4.50 **FILM Stagecoach** Vintage western starring John Wayne. (1939, b/w, U, 99min) ★★★★★
6.55 **FILM Rough Night in Jericho** Western starring Dean Martin and George Peppard. (1967, PG, 97min) ★★
9.00 **The Terracotta Army: The Discovery with Dan Snow** The historian travels to China to investigate one of the greatest archaeological treasures ever found.
10.35 **Highway Patrol** In Epping, police discover two motorcyclists racing each other.
11.00 **The X-Files** *Never Again:* 13/24. A man is driven to kill by a tattoo. (S4)
12.00 M'T **The X-Files** (S4)
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
1.00 PM **999 Rescue Squad**
7.00 **Ambulance Australia** A young drunk-driver is injured after crashing into a parked car. **8.00** Paramedics respond to a motorbike crash in which the patient has suffered a serious injury to his leg.
9.00 **Gavin & Stacey** First-ever episode of the comedy starring Mathew Horne and Joanna Page. **9.40** The couple have their first lovers' tiff. **10.20** The couple celebrate their engagement with a party.
11.00 **The Catherine Tate Show** Triple bill of the comedy sketch show.
12.50 AM **Amanda & Alan's Italian Job**
1.35 **Who Killed Jenni Rivera?** Documentary.
2.25 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering**
8.00 **Secrets of the London Underground**
12.00 NOON **Flipping Bangers** Double bill.
2.00 PM **The Green Planet**
7.00 **Bangers & Cash** Paul and Charlie head to Northampton to extract a Daimler Sovereign and a Sunbeam Alpine. **8.00** Derek visits to Bingley to collect a TR7. **9.00** The Morris 1000 finds a new home with a 10-year-old superfan. **10.00** Derek is charmed by a 1929 Rolls Royce Phantom with an unusual history. **11.00** Derek collects a huge haul including two Bentleys, a Daimler and a Bowtop caravan.
12.00 M'T **Bangers & Cash**
2.25 **to 3.00** AM **Robson Green's Weekend Escapes**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Portugal.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House** Triple bill.
1.00 PM **Antiques Road Trip**
6.00 **Money for Nothing** Triple bill, including at: **8.00** Metal baskets, a wingback chair and a drop-leaf table are rescued from the tip.
9.00 **Death Walker with Nick Groff** New edition Nick and Tessa Groff visit the Alexander Lane house in Lewiston, Maine, where stories of a restless spirit and a violent past point to something more sinister than a single haunting.
10.00 **Help! My House Is Haunted** Four editions.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

SATURDAY Entertainment

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
9.00 **Little House on the Prairie** Drama. (S9)
1.00 PM **Little House on the Prairie** Drama. (S9&1)
7.00 **Sparkling Cyanide** Agatha Christie mystery starring Anthony Andrews and Deborah Raffin.
9.00 **The Ruth Rendell Mysteries** *You Can't Be Too Careful:* A landlady's security concerns lead to a tragic encounter. Stars June Barrie. **10.10** *The Fallen Curtain:* A student finds that his problems relate to his disappearance when he was six. Stars Max Brazier.
11.20 FILM **George and Mildred** Comedy spin-off. (1980, PG, 93min) ★★
1.20 AM **Man About the House** 5/6. (S4)
2.00 **Air Rescue** Double bill.
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.00 AM FILM **Panhandle** Western drama. (1948, b/w, U, 85min) ★★
11.00 FILM **A Lawless Street** Western adventure. (1955, U, 78min) ★★
12.45 PM FILM **Frontier Marshal** Western. (1939, U, 71min) ★★
2.20 FILM **Paths of Glory** Stanley Kubrick's classic drama. (1957, b/w, PG, 86min) ★★★★★
4.15 FILM **The Sand Pebbles** Epic action drama starring Steve McQueen. (1966, 15, 193min) ★★
8.00 FILM **An Eye for an Eye** Martial arts movie. (1981, 15, 106min) ★
10.20 FILM **Blowback** Thriller. (2022, 15, 93min) ★★
12.20 AM **Dragon Ball Super**
1.20 **Coast Guard Alaska**
3.25 FILM **Jetstream** Disaster movie. (2012, 12, 88min) ★★
4.45 **to 6.00** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM **Air Rescue**
8.40 **Diagnosis Murder**
9.40 FILM **Second Chances** Drama. (2014, PG) ★★
11.30 FILM **Reconcilable Differences** Mystery. (2014, 12, 87min) ★★
1.20 PM FILM **The Gourmet Detective** Mystery. (2015, PG, 90min) ★★
3.15 FILM **A Healthy Place to Die** (2015, PG) ★★
5.10 FILM **Death Al Dente** Mystery. (2015, PG) ★★
7.05 FILM **Roux the Day** Drama. (2020, PG) ★★
9.00 FILM **A Beautiful Place to Die** Crime drama. (2020, PG, 84min) ★★
10.55 FILM **Real Murders** Thriller. (2015, PG) ★★
12.45 AM FILM **A Stranger with My Kids** Thriller. (2017, PG, 85min) ★★
2.20 FILM **Killer Ending** Thriller. (2018, 12) ★★
4.00 **to 5.00** AM **Diagnosis Murder**

+1 hour 321

Great! Romance

322 319 424 52 47

8.00 AM FILM **Wedding at the Hamptons** Drama. (2022, PG, 90min) ★★
10.00 FILM **Two Chefs and a Wedding Cake** Comedy. (2022, U, 91min) ★★
12.00 NOON FILM **A Very Country Wedding** Drama. (2019, PG) ★★
2.00 PM FILM **A Wedding for Belle** Romance. (2025, PG, 90min) ★★
3.55 FILM **The Decoy Bride** Comedy. (2011, 12) ★★
5.50 FILM **The Engagement Dress** Romantic drama. (2023, PG, 90min) ★★
7.45 FILM **The Wedding Rule** Romantic comedy. (2023, U, 90min) ★★
9.45 FILM **Just for Showmance** Comedy. (2023, U, 83min) ★★
11.40 FILM **Accidentally Engaged** (2016, PG) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **A Very Country Wedding**

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
1.00 PM **Love Your Garden**
2.00 **Country House Auction**
4.00 FILM **The Inglorious Bastards** World War Two thriller with Bo Svenson. (1978, 15, 99min) ★★
6.00 FILM **Gloves Off** Comedy starring Brad Moore and Greg Orvis. (2016, 12, 98min) ★★
8.00 FILM **Bang Bang You're Dead** Drama starring Ben Foster, Tom Cavanagh and Jane McGregor. (2001, 15, 89min) ★★★★
10.00 FILM **Hussy** Drama starring Helen Mirren. (1979, 18, 94min) ★★
12.00 M'T FILM **I'm Not Feeling Myself Tonight** Comedy drama starring Barry Andrews. (1976, 18, 84min) ★★
1.45 AM FILM **Bang Bang You're Dead** (2001)
3.45 **to 5.00** AM **Battle of Britain: Empty Skies**

Rewind TV

182 81 164 141

6.00 AM **Space 1999** (S2)
7.00 **The Dustbinmen**
8.30 **Doctor at Large**
10.00 **Bubblegum & Cheese**
11.00 **Two's Company** (S4)
12.00 NOON **The Fenn Street Gang** 7&8/18. (S2)
1.00 PM **Second Thoughts**
2.30 **The Scarlet and the Black** Wartime drama.
3.55 **The Dustbinmen** (S3)
5.25 **Two's Company** (S4)
6.25 **We Had One of Those**
6.35 **Doctor at Large** (S1)
8.05 **The Fenn Street Gang**
9.05 **Space 1999** 1/24. (S2)
10.05 FILM **Hot Girls for Men Only** (1967, 18) ★★
10.55 FILM **The Ups and Downs of a Handyman** Comedy. (1975, 18) ★
12.45 AM **Stereo Underground**
1.45 **Britannia** Documentary.
2.30 **Rewind Time Machine**
2.35 **The Scarlet and the Black** War drama.
4.00 **Bubblegum & Cheese**
5.00 **to 6.00** AM **Stereo Underground**

DMAX

159 151 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Outback Opal Hunters**
1.00 PM **Gem Hunters Down Under** Triple bill.
4.00 **Aussie Gold Hunters**
7.00 **Hoarding: Buried Alive** A woman whose hoarding may cause her to lose custody of her daughter. **8.00** A woman whose hoard has broken up her marriage seeks help.
9.00 **Mysterious Creatures with Forrest Galante** Forrest and Jessica examine reports of a man-like beast and venture deep into the Andes to find the source of the terrifying attacks.
10.00 **Expedition X** Phil and Heather go on the hunt for the Skunk Ape.
11.00 **Expedition Files**
12.00 M'T **Monsters Inside Me**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa**
11.00 **Jamie's 5 Ingredient Mediterranean Meals**
12.00 NOON **Michel Roux's French Country Cooking**
1.00 PM **James Martin's Spanish Adventure**
3.00 **Tom Kerridge Barbecues** Ten editions.
8.00 **Jamie's 5 Ingredient Mediterranean Meals** Chef Jamie Oliver shares simple recipes with just five ingredients.
9.00 **Diners, Drive-Ins and Dives** Guy Fieri samples surprising ingredients. **9.30** Dishes with international flavours. **10.00** Guy tries dishes in Texas and Kansas. **10.30** Guy tries Italian dishes in Tennessee, Texas and Las Vegas.
11.00 PM **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM **Six Million Dollar Man** Five episodes.
12.00 NOON FILM **Cowboy** Western drama. (1958, PG, 90min) ★★★
1.50 PM FILM **Boot Hill** Comedy western. (1969, PG, 91min) ★★
3.50 FILM **Eagle's Wing** Western. (1978, PG, 111min) ★★★★
5.55 FILM **The Brink's Job** Crime comedy. (1978, PG, 103min) ★★★
8.00 **The Twilight Zone** (S3)
9.00 FILM **3.10 to Yuma** Western remake starring Russell Crowe. (2007, 15, 122min) ★★★★
11.30 FILM **The Man Called Noon** Western starring Richard Crenna. (1973, 15, 98min) ★★
1.30 AM FILM **Legacy of Lies** Action adventure. (2020, 15, 101min) ★★
3.30 **to 5.15** AM FILM **Eye of the Tiger** Thriller. (1986, 18, 90min) ★★

Legend Xtra

316 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **Andromeda** (S3)
3.00 PM **The Gambler: The Adventure Continues**
7.00 FILM **Airplane vs Volcano** Disaster movie starring Dean Cain and Tamara Goodwin. (2014, 15, 91min) ★
9.00 FILM **The International** Thriller with Clive Owen, Naomi Watts and Armin Mueller-Stahl. (2009, 15, 118min) ★★★★
11.30 FILM **They Live** Sci-fi adventure with Roddy Piper and Meg Foster. (1988, 15, 95min) ★★★
1.30 AM FILM **Hannie Caulder** Western starring Raquel Welch. (1971, 15, 85min) ★
3.15 FILM **Shark Lake** Thriller starring Dolph Lundgren and Sara Malakul Lane. (2015, 15, 89min) ★★
5.00 **to 6.00** AM **The Twilight Zone**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Storage Wars Canada** Six editions.
8.20 **The UnXplained with William Shatner**
10.10 **Strange Evidence**
12.05 PM **The Proof Is Out There** Triple bill.
3.05 **What on Earth?**
6.00 **Strangest Things** Three carvings that could shed light on the mysteries of Stonehenge. **7.00** An ancient golden mask painted with human blood and a cursed chicken pot. **8.00** A look at a perplexing metal sphere.
9.00 **Hitler's Engineers** The influence of Hans Kammler over the Third Reich's most deadly engineering projects.
10.00 **U-Boat Wargamers**
11.05 **MonsterQuest**
1.00 AM **Conspiracy Files: Unsealed** Four editions.
3.00 **UFOs: Lost Evidence**
5.00 **to 6.00** AM **Close Encounters Down Under**

5SELECT

153 166 138 46 133 30

9.00 AM **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Six episodes, including at: **4.00** *The Skinny According to Nick Cullhane:* Jessica's author friend is found dead. **5.00** *Bite the Big Apple:* Jessica takes a teaching position in New York. **6.00** *Night Fears:* Jessica investigates a series of muggings committed on a college campus.
7.00 **We Love Bridget Jones: All the Laughter and More** The popularity of Helen Fielding's heroine.
8.30 **The Best of Eurovision in the 70s** Examining an iconic decade of the Eurovision Song Contest.
10.00 **Music Videos That Defined the 80s** A look at memorable promo videos from the decade.
11.05 **Music Videos That Defined the 90s**
12.00 M'T **to 4.00** AM **Prisoner: Cell Block H**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Family Fortunes**
11.00 **Blockbusters**
12.00 NOON **Celebrity Catchphrase**
1.00 PM **Tenable**
2.00 **Bridge of Lies**
3.00 **The Chase** Double bill.
5.00 **The Chase Celebrity Special** With Matthew Wright, Suzi Perry, Ian 'H' Watkins and Crissy Rock. **6.00** With Rita Simons, Russell Watson, Denise Welch and Bill Oddie.
7.00 **The Chase** Double bill.
9.00 **The Chase Celebrity Special** With guests Toyah Willcox, John Barnes, Germaine Greer and Audley Harrison.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions of the darts-based quiz.
2.00 AM **The Chase**
4.00 **The Chase Celebrity Special** Quiz show.
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
11.00 **The Big Bang Theory**
8.00 PM **The Big Bang Theory** 17/24. The gang finally celebrate Sheldon's birthday after more than nine years together, with the help of a few special guests. **8.30** 18/24. Penny, Amy and Bernadette offer Raj dating advice. (S9)
9.00 **Dr Pimple Popper: Breaking Out** Dr Lee and medical student Gili investigate Cowboy Carter's rash. **10.00** Jason isolates due to a giant neck growth. **11.00** Firefighter Dave is concerned about a pilar cyst on his head.
12.00 M'T **Mike & Molly**
1.00 AM **Dr Pimple Popper**
2.00 **Young Sheldon**
3.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Mr Bean** (S1)
9.00 **Friends** 1-20/25. (S3)
7.00 PM **Friends** 21/25. Ross makes a sacrifice. **7.30** 22/25. Joey's play gets terrible reviews. **8.00** 23/25. Ross finds a growth on his buttocks. **8.30** 24/25. Guest stars Robin Williams. (S3)
9.00 **Lee Evans: XL Tour Live-Uncut** Stand-up.
10.20 **8 Out of 10 Cats Uncut** With Peter Serafinowicz, Nick Grimshaw, Daniel Sloss and Rachel Riley.
11.10 **8 Out of 10 Cats Uncut**
12.00 M'T **Stupid Central**
1.00 AM **Dara O Briain: Craic Dealer** Stand-up.
2.05 **Kevin Bridges: The Brand New Tour**
3.05 **Amy Schumer: Comedy Central Live**
3.35 **Rosie Jones Tries to Help** With Desiree Burch.
3.45 **Utopia** 7/8. (S5)
4.15 **to 5.00** AM **Mr Bean**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 5&6/16. (S9)
6.50 **Modern Horror Stories**
7.00 **Teleshopping**
9.00 **Michael McIntyre's Big Christmas Show**
10.00 **Most Ridiculous**
3.00 PM **The Upper Hand**
8.00 **Michael McIntyre's Big Christmas Show**
9.00 **Friends** 19/25. Monica dates a millionaire. **9.30** 20/25. Chandler dates Rachel's boss. **10.00** 21/25. Ross makes a sacrifice for Rachel. **10.30** 22/25. Joey's play gets terrible reviews. **11.00** 23/25. Ross finds a growth on his buttocks. **11.30** 24/25. Guest stars Robin Williams. (S3)
12.00 M'T **Friends** (S3&4)
3.45 AM **Michael McIntyre's Big Christmas Show**
4.30 **Iain Stirling's Roast the Internet**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **That's 60s**
8.05 **On the Buses** (S1)
9.45 **Whatever Happened to the Likely Lads?** (S1)
12.10 PM **Birds of a Feather**
2.05 **Man About the House**
4.10 FILM **Rising Damp** Comedy spin-off. (1980, PG, 96min) ★★
6.05 **Going Straight** (S1)
7.55 **Minder** 7/13. (S9)
9.00 **Benidorm** 1/7. A new manager takes over at The Solana. (S5)
9.55 **Shameless** 2/8. Frank tries to stop Monica talking to Sheila. (S4)
10.55 **Man About the House**
11.30 **Mind Your Language**
12.00 M'T **Benidorm** 1/7. (S5)
12.55 AM **Minder** 3/13. (S3)
2.00 **Duty Free** 3/7. (S1)
2.25 **Man About the House**
2.50 **Kenny Everett Video Cassette**
3.15 **That's 60s**
4.00 **to 5.00** AM **Nearest and Dearest**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Dallas Cowboys Cheerleaders**
10.00 **Catfish: The TV Show**
1.00 PM **Judge Judy**
6.00 **Beauty and the Geek Australia** The first eliminated couple head home in a teary farewell. **7.30** The Beauties and Geeks have a turbulent time landing a 737.
9.00 **Skin A&E** Dr Toby treats one of the largest lipomas the clinic has ever seen.
10.00 **Judge Judy**
10.30 **Help I Sexted My Boss** Double bill. Radio DJ Jordan North and etiquette expert William Hanson discuss more everyday dilemmas.
12.00 M'T **Dating Naked**
2.00 AM **Ghosted: Love Gone Missing**
2.45 **All Star Shore**
3.35 **to 4.00** AM **Just Tattoo of Us USA**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do Animals Do That?**
7.00 **How Do They Do It?**
9.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Alaskan Bush People** Six editions, including at: **3.00** PM The Browns meet their match bringing salvaged mining equipment to life. **4.00** The Browns race to pull together a unique celebration. **5.00** Gabe and Bam turn burnt trees into lumber.
6.00 **Deadliest Catch** Clark attempts a critical repair atop Sig's crane in 20ft seas.

9.00 Dr Jeff

7.00 **The Woodland Workshop** Ceramicist Rich creates a superhero-themed coffee table for cancer charity founder Toby.
8.00 **Maine Cabin Masters** Chase Morrill and his team are in New Sharon to save a rundown camp from falling into a pond.
9.00 **Naked and Afraid: Global Showdown** Multiple teams take down warthogs. In a complex bird trap challenge, Texas surges ahead and Jeff calls out Ky. A legend faces the first elimination.
11.00 **Expedition Files** Josh Gates investigates Dracula, mind control and Spartacus.
12.00 M'T **Mystery at Blind Frog Ranch** The team discover a collapsed mine entrance.
1.00 AM **How the Universe Works**
3.00 **to 5.00** AM **American Chopper**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Jackson tries to tame an aggressive cat. **4.00** A feline seems resentful of its owner's new husband.
5.00 **Treehouse Masters** Pete Nelson designs a clean-lined luxury treehouse in Texas.
6.00 **Saved by the Barn** Dan and Chris go across Lake Michigan to adopt two little piglets.

7.00 How Do Animals Do That?

7.00 **How Do Animals Do That?** A look at how a lizard can walk on water. **7.30** How a barn owl catches prey it can't see.
8.00 **Extinct or Alive** Forrest Galante scales the jungle canopy of Madagascar in an attempt to prove that pachylemurs are still alive.
9.00 **Alaskan Bush People: Book of Bear** An interview with Bear, covering his memories of growing up in the wild.
10.00 **Tanked** Brett Raymer and Wayde King create a saltwater aquarium for the home of singer Keyshia Cole's home.
11.00 **Alaska: The Last Frontier** Otto and his son Eivin bond over a hunt for ptarmigan.
12.00 M'T **Project Grizzly**
2.00 AM **The Haunted** The alleged spirit of a man that is terrorising a couple's pet dogs.
3.00 **Extinct or Alive**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Inside Melbourne Airport**
12.00 NOON **Disaster Autopsy**
1.00 PM **Europe from Above**
3.00 **Construction Fails** Lightning bolts cause construction chaos. **4.00** Featuring an Italian supermarket collapse.
5.00 **Air Crash Investigation** The pilots of a New Zealand turboprop pull off a remarkable wheels-up landing. **6.00** The crash of a late-night cargo flight on its final approach to Cincinnati.

8.00 Car S.O.S

7.00 **Seconds from Disaster** The fate of the Boeing 747 TWA Flight 800, which exploded near Long Island in 1996.
8.00 **Car S.O.S** Tim Shaw and Fuzz Townshend fix up a 1993 Toyota Supra MK4, owned by former motorcycle racer Lisa.
9.00 **Car S.O.S** Tim and Fuzz restore Adam's Datsun 240k Skyline, an extremely rare Japanese classic from the 1970s.
10.00 **Mega Marine Machines** Wind-powered machines in France, including racing catamarans and a record-breaking train.
11.00 **Engineering Europe** A look at the UK's engineering wonders, including innovative electric flying machines.
12.00 M'T **Ultimate Airport Dubai** Hassan catches a smuggler. **1.00** AM The airport's multi-billion-dollar expansion project hangs by a thread.
2.00 **to 5.00** AM **Air Crash Investigation**

Sky History

123/124 115/116 131 353 368

6.00 AM **Hardcore Pawn**
9.00 **Forged in Fire**
10.00 **History's Greatest Warriors**
11.00 **Greatest Escapes of WWII**
2.00 PM **Storage Wars** Triple bill of the series, including at: **4.00** West Covina heats up as Dusty works his magic.
5.00 **Gold Wars Downunder** Dennis installs security cameras on his lease to try and catch the gold poachers. **6.00** Donnie and Ronnie argue, threatening Donnie's dream of owning a lease.

5.00 Gold Wars Downunder

7.00 **Britain's Most Historic Towns** Alice Roberts explores the UK's past through the stories of its towns, starting in Chester.
8.00 **Britain's Most Historic Towns** Alice tells the story of Viking England by studying York and taking part in a Viking battle.
9.00 **Hells Angels: Kingdom Come** The twisted relationship between Greg 'Picasso' Woolley and Marty Robert.
10.00 **Hells Angels: Kingdom Come** The death of Greg Woolley coincides with the rise of a new king.
11.00 **Secrets Declassified with David Duchovny** A look into the importance of coded messages in war.
12.00 M'T **Storage Wars** Triple bill of the series in which people bid for the contents of abandoned storage units.
3.00 AM **Gold Wars Downunder**
5.00 **to 6.00** AM **History's Greatest Warriors**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Discovering: Harrison Ford**
7.00 **Discovering: Meryl Streep**
8.00 **The Directors**
10.00 FILM **The Kid Stays in the Picture** Documentary about film producer Robert Evans. (2002, 15, 93min) ★★★
12.00 NOON **Wild Wild Space**
1.50 PM **My Icon: Pam Cookey**
2.00 **Brazil 2002**
3.50 **My Icon: Chris Hughton**
4.00 **Italia 90: Four Weeks That Changed the World** 1-3/3. The story of the 1990 World Cup tournament.

9.00 The Bee Gees

7.00 FILM **Gascoigne** Documentary about Paul Gascoigne, featuring an interview with the former footballer and archive footage of his greatest moments on the pitch. (2015, 15, 86min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
8.45 **My Icon: Thierry Henry**
9.00 **The Bee Gees: How Can You Mend a Broken Heart** Documentary exploring the history of the group, featuring contributions from surviving member Barry Gibb as well as archive interviews with his brothers Robin and Maurice.
11.00 **Vegas: The Story of Sin City** 1/4. The history of Las Vegas. **12.00** M'T 2/4. A look back at Las Vegas's golden age.
1.00 AM **Look Away** Women groomed in their early teenage years by rock stars.
2.50 **Rise of the Superheroes** The domination of cinema by comic-book franchises.
5.00 **to 6.00** AM **The Directors**

7 PM 8 PM 9 PM 10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Chasing Classic Cars**
7.00 **British Superbikes**
8.00 **Wheeler Dealers**
3.00 PM **MotoGP** Action from the Grand Prix of Germany sprint race.
4.00 **Shed and Buried: Classic Cars**
5.00 **Shed and Buried**
9.00 **The Repair Shop** The experts restore a beloved childhood bear **10.00** The team restore a miniature silver kettle crafted from a shilling, a cherished violin and a 1950s toy rocket.
11.00 **In the Eye of the Storm** A woman braves arctic conditions to save a man freezing to death outside her home.
12.00 M'T **Mysteries of the Deep** Double bill.
2.00 AM **NASA's Unexplained Files**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress: UK** Double bill.
8.00 **Say Yes... Atlanta**
10.00 **Forensic Detectives**
11.00 **Faking It: Tears of a Crime** Fred Talbot.
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **True Crime with Aphrodite Jones**
9.00 NEW SERIES **Deadly Influence: The Social Media Murders** TikTok fame paints 19-year-old Cooper's life in LA as a dream, until the facade begins to slip.
10.00 **On the Case with Paula Zahn** New edition When a man is attacked in front of his office, a trail of video clips expose the callous motive behind a brutal murder.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **UK Crime Files: Parachute Murder Plot** Donal MacIntyre looks at the attempted murder of Victoria Cilliers.
8.00 **UK Crime Files: Deadly Taxi Driver** Simon Toyne uncovers the case of Catherine McChord.
9.00 **UK Crime Files: Justice For My Brother** Geoffrey Wansell explores the case of Stuart Diamond.
10.00 **UK Crime Files: Last Taxi Rider**
11.00 **UK Crime Files: The Shoe Rapist**
12.00 M'T **UK Crime Files: Foot Fetish Murderer**
1.00 AM **Donal MacIntyre's Killer Evidence**
2.00 **Bloodline Detectives**
3.00 **When Death Comes Knocking** Documentary.
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
12.00 NOON **Secrets of a Murder Detective**
3.00 PM **UK Crime Files: A Murder Without Honour** A case in which a body was found near a river in Cumbria.
4.00 **UK Crime Files: Skeleton in the Carpet** Jackie Malton looks at the case of Karen Price, who went missing 1981.
5.00 **UK Crime Files: The Railway Killers** The case of John Duffy and David Mulcahy, who murdered three women in London in the 1980s.
6.00 **UK Crime Files: The Longest Murder Trial** The murder of Lynette White and how police work led to her killer.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Stop, Search, Seize**
7.00 **UK Border Force**
8.00 **Road Wars**
9.00 **Caught on Dashcam**
10.00 **Caught Red Handed**
12.00 NOON **Caught on Dashcam** Road disasters.
1.00 PM **World's Most Evil Killers** Double bill.
3.00 **Britain's Most Evil Killers**
4.00 **The Real Manhunter**
5.00 **Killing Mum and Dad**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
9.00 **Forensics: Catching the Killer** Double bill.
11.00 **Terror on Long Island** 1&2/3. A series of murders on Long Island.
1.00 AM **How I Caught the Killer** Howell Donaldson.
2.00 **Britain's Most Evil Killers**
3.00 **The Real Manhunter**
4.00 **Brit Cops: Rapid Response** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **1066: A Year to Conquer England**
11.50 **Mandate for Murder: Britain's Struggle in Palestine** As 10.35pm.
1.00 PM **The War** Five editions, including at: **5.35** How US Marines took the Pacific atoll of Tarawa in 1943.
6.45 **1066: A Year to Conquer England** Events leading up to the Battle of Hastings. **8.00** King Harold of England has to take on two invasion forces. **9.15** Duke William leads his invasion fleet.
10.35 **Mandate for Murder: Britain's Struggle in Palestine** How the kidnapping of a Jewish boy in 1947 accelerated the creation of Israel.
12.00 M'T **Sicily: The Conquered Isle**
1.20 **to 2.00** AM **Weathered: Earth's Extremes**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

SATURDAY

Sky Nature

124/125 113/114 135 354 369

6.00 AM **The Wild Wild East**
8.00 **Living Beach** Double bill.
10.00 **Aussie Snake Wranglers: Deadly Pursuit**
12.00 NOON **Superbeast**
1.00 PM **Wild Science**
2.00 **Secret Life of the Wombat**
4.00 **Attenborough at 100: Behind the Lens** Documentary.
5.00 **David Attenborough's Wild City** Exploring Singapore's wildlife and natural treasures. **6.00** The animal life of Singapore's urban environments. **7.00** The remarkable creatures living on Singapore's islands.
8.00 **Wild Dogs: Pack vs Pride** Roaming with the pups of the Manzi and Kakumbi packs in South Luangwa, Zambia. **8.30** A pup has gone missing from the Kakumbi den.
9.00 **Planet Shark**
10.00 **Pride Rules** Double bill.
12.00 M'T **Wild Dogs: Pack vs Pride**
1.00 AM **Planet Shark**
2.00 **Wild Castles**
3.00 **to 6.00** AM **Hungry Games: Alaska Big Bear Challenge**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Crimes That Shook Britain**
11.00 **Digging for Britain**
1.00 PM **Al Murray: Why Do the Brits Win Every War?**
2.00 **Ancient Aliens**
4.00 **Kevin Costner's The West**
6.00 **How Disney Built America**
7.00 **Sitting Bull** The most famous battle of the American West at Little Bighorn.
9.00 **Colosseum** Docu-drama telling the story of the rise and fall of the Roman Empire.
10.00 **Forbidden History** How the Nazis controlled the will of German people at large.
11.00 **Ancient Aliens** Investigating whether shamans have contact with extraterrestrial realms. **12.00** M'T A look into whether insects could be descended from extraterrestrials.
1.00 AM **WWII Battles in Colour**
2.00 **World War II: Witness to War**
3.00 **Combat Ships**
4.00 **Crimes That Shook Britain**
5.00 **to 6.00** AM **Mysteries from Above**

Discovery Science

167 148 179

8.00 AM **Secrets Underground**
10.00 **How It's Made**
12.00 NOON **How It's Made: Dream Cars** Four editions.
2.00 PM **How the Universe Works**
4.00 **NASA's Unexplained Files**
6.00 **How It's Made** A look at how gummy vitamins are made. **6.30** The manufacture of guitar pickups and heated furniture. **7.00** How paddleboards and vacuum cleaners are made. **7.30** A look at how detectable warning panels and model Stirling engines are made.
8.00 **Alien Highway** Chuck and the team investigate an unusual sighting in Utah. **9.00** Chuck and the team examine the link between UFOs, the military and the ocean.
10.00 **The Alaska Triangle**
12.00 M'T **Expedition Bigfoot**
2.00 AM **Unexplained and Unexplored** Double bill.
4.00 **to 6.00** AM **How It's Made: Dream Cars**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
8.55 **Court Cam**
3.40 PM **My Strange Arrest**
5.00 **Snapped Behind Bars**
6.00 **Buried in the Backyard** A double murder involving a victim with an infamous past.
8.00 **Staged: Deadly Deception** Police receive a frantic call about a masked intruder.
9.00 **Murder in the 21st** A sudden illness takes hold of a doctor and soon takes a fatal turn.
10.00 **Houses of Horror: Secrets of College Life** After Abby Honold was sexually assaulted by a Sigma Phi Epsilon brother, she fought back, taking on the protective system in the process.
11.00 **Sleeping with Death** A teen discovers her murdered father.
12.00 M'T **Predator Hunters**
1.00 AM **Interrogation Raw**
2.00 **I Met My Murderer Online**
3.00 **to 6.00** AM **On the Case with Paula Zahn**

+1hour 256 333

WILD

165 145 182

8.00 AM **Animal Fight Club**
9.00 **Critter Fixers: Country Vets**
10.00 **Secrets of the Zoo**
11.00 **The Incredible Dr Pol**
1.00 PM **Yukon Vet** Dr Oakley and her daughters attempt to bond with a lone wolf.
2.00 **Africa's River Titans**
3.00 **Ice Road Rescue**
5.00 **Snakes in the City** A python gatecrashes a wedding. **6.00** Simon and Siouxsie spend a month hunting a cobra in a trailer park.
7.00 **Heartland Docs** A horse sustains a facial injury.
8.00 **Hostile Planet** Animals that live at the north and south poles. **9.00** Animals that survive in the world's deserts.
10.00 **Hammerhead Sharks Up Close with Bertie Gregory** Footage of one of the ocean's most visually iconic sharks.
11.00 **Snakes in the City**
12.00 M'T **Alaska: The Next Generation** Double bill.
2.00 AM **When Sharks Attack**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

161/172 147 181

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Triple bill.
6.00 **How the Universe Works** Gravitational waves, which are helping scientists explore the cosmos in new ways. **7.00** Investigating an invisible scaffold of dark matter known as the Cosmic Web. **8.00** The risk to manned space exploration of cosmic rays.
9.00 **Massive Engineering Mistakes** In Denmark, a railway tragedy exposes a security breach. **10.00** In Australia, a disaster occurs during the construction of a large bridge. **11.00** In Kansas City, stormy weather brings down the roof of a state-of-the-art stadium.
12.00 M'T **Blowing Up History: Seven Wonders** Investigating evidence of some of history's most intriguing lost cities.
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering** A lost Amazonian paradise deep in the Brazilian rainforest. **2.00** Exploring the remains of Old Essex County Jail. **3.00** Exploring the Polish city of Walbrzych, where a fairy-tale castle on a cliff conceals a vast subterranean tunnel network. **4.00** Exploring Fort Sherman, a jungle stronghold in Panama.
5.00 **Some Mothers Do 'Ave 'Em** The Spencers plan a trip to the seaside, but a clifftop picnic soon turns into a nightmare. **5.35** Frank makes a trademark faux pas at an RAF reunion. **6.15** Frank attends a course in public relations. **6.55** Frank accompanies Betty to the maternity clinic. **7.35** Frank is introduced to the idea of fatherhood. **8.15** Betty goes into labour. **8.55** The Spencers move house.
9.35 PM **to 6.00** AM **Some Mothers Do 'Ave 'Em**

+1hour 266 376

ID

154 140 166

8.00 AM **Murder Comes to Town**
12.00 NOON **Real Time Crime**
4.00 PM **American Monster** An apparently happy marriage, where all was not as it seemed. **5.00** How a dirty secret at work led to a deadly confrontation. **6.00** How resentment and envy festered in a marriage, leading to a shocking 911 call. **7.00** The fatal shooting of Michelle Lira, who steered straight into a deadly ambus.
8.00 **Murder Comes to Town** A case from Oklahoma in which a saloon proprietor went missing.
9.00 **Love, Honor, Betray** A series of sinister rumours threaten to tear a family apart.
10.00 **Seduced to Slay** Firefighters find a body with stab wounds at a house fire in Alpena, Michigan.
11.00 **Who the (Bleep) Did I Marry?** An ex-boxer receives a warning that his wife is hiring a hit man.
12.00 M'T **Fatal Destination**
2.00 AM **Evil Online** Double bill.
4.00 **to 6.00** AM **Betrayed**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **Vintage Voltage**
10.00 **Extreme RVs**
11.00 **Extreme Car Hoarders**
12.00 NOON **The Explosion Show**
2.00 PM **Hand Built Hot Rods**
4.00 **Fifth Gear** The Lamborghini Huracan Sterrato is tested.
5.00 **Goblin Works Garage**
8.00 **Shed and Buried: Classic Cars** Henry and Fuzz rummage through two huge sheds of vintage military vehicles. **9.00** Henry and Fuzz stop by a shed filled with astonishing American muscle cars.
10.00 **Richard Hammond's Big** Richard takes flight aboard the US Air Force's biggest cargo plane, the C-5M Super Galaxy. **11.00** Richard explores the Kölnbrein Dam in Austria, one of the world's biggest man-made engineering projects **12.00** M'T Richard joins the crew of one of the biggest moving objects on earth, the *Marie Maersk* container ship.
1.00 **to 4.00** AM **Vintage Voltage**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.15 AM **PREMIERE Redux Redux**
8.10 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
9.45 **Wicked: For Good** (2025)
12.10 PM **Mile End Kicks** Comedy. (2025, 15, 111 min) ★★★★
2.05 **Civil War** Action thriller. (2023, 15, 109min) ★★★★
4.00 **Bugonia** Comedy thriller. (2025, 15, 118min) ★★★★
6.00 **Wicked: For Good** Fantasy sequel. (2025, PG) ★★★

8.25 Redux Redux

8.25 **PREMIERE Redux Redux** Fantasy thriller starring Michaela McManus. A woman travels through parallel universes, repeatedly murdering her daughter's killer. With Stella Marcus and Jeremy Holm. (2025, 15, 109min) ★★★★ *See review, pg 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Lee Cronin's The Mummy** Supernatural horror starring Jack Reynor and Natalie Grace. The young daughter of a journalist disappears into the desert without trace – only to return eight years later. (2026, 18, 134min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Black Phone 2** Horror sequel starring Ethan Hawke. (2025, 18, 114min) ★★★★
2.35 **LifeHack** Thriller with Georgie Farmer. (2025, 15, 97min)
4.15 **to 6.00** AM **Grand Prix of Europe** Animation. (2025, U)

Sky Cinema Beverly Hills

303 303 403 503 517

6.50 AM **Beverly Hills Cop II**
8.40 **Beverly Hills Cop 3** (1994)
10.30 **Beverly Hills Cop** As 9.50pm.
12.30 PM **Beverly Hills Cop II**
2.20 **Beverly Hills Cop 3** (1994)
4.10 **Beverly Hills Cop** As 9.50pm.
6.10 **Beverly Hills Cop II** Action comedy sequel starring Eddie Murphy as detective Axel Foley on the trail of a gang led by a six-foot blonde. With Judge Reinhold and Brigitte Nielsen. (1987, 15, 99min) ★★★

9.50 Beverly Hills Cop

8.00 **Beverly Hills Cop 3** Comedy thriller sequel starring Eddie Murphy and Judge Reinhold. Street-smart cop Axel Foley discovers that an LA theme park is a front for a counterfeiting gang. (1994, 15, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Beverly Hills Cop** Comedy thriller starring Eddie Murphy as street-smart Detroit cop Axel Foley. When an ex-con friend of his is murdered, Axel disobeys orders and travels to Beverly Hills to find the killer. With Judge Reinhold and John Ashton. (1984, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Beverly Hills Cop II** (1987)
1.30 AM **Beverly Hills Cop 3**
3.25 **Beverly Hills Cop** As 9.50pm.
5.15 **to 7.05** AM **Beverly Hills Cop II** As shown at 6.10pm.

Sky Cinema Drama

310 310 410 510 524

6.00 AM **The Room Next Door**
7.50 **The Cut** Thriller with Orlando Bloom. (2024, 12, 99min) ★★★
9.30 **Escape to Victory** Wartime drama. (1981, PG, 111 min) ★★★
11.30 **The Illusionist** As 8.00pm.
1.30 PM **Cast Away** Adventure. (2000, 12, 143min) ★★★★
4.05 **A League of Their Own** Comedy drama with Tom Hanks. (1992, PG, 124min) ★★★★
6.15 **Quartet** Comedy drama starring Maggie Smith, Tom Courtenay and Billy Connolly. (2012, 12, 94min) ★★★★
8.00 **The Illusionist** Mystery with Paul Giamatti and Edward Norton. (2006, PG, 110min) ★★★★
10.00 **Moneyball** Fact-based sports drama starring Brad Pitt and Jonah Hill. A baseball manager discovers an unexpected method of turning around the fortunes of his losing team. (2011, 12, 133min) ★★★★
12.15 AM **The Room Next Door** Drama with Julianne Moore. (2024, 12, 102min) ★★★★
2.15 **Footloose** Teen dance drama remake. (2011, 12, 113min) ★★★
4.20 **to 7.05** AM **Anatomy of a Murder** Courtroom drama. (1959, b/w, 12, 160min) ★★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.15 AM **Constantine** Supernatural thriller. (2005, 15, 121 min) ★★★
8.20 **The Crazies** Horror remake. (2010, 15, 101 min) ★★★★
10.05 **Cloverfield** Offbeat disaster movie. (2007, 15, 81 min) ★★★
11.40 **10 Cloverfield Lane** Thriller. (2016, 12, 103min) ★★★★
1.25 PM **Van Helsing** Fantasy adventure with Hugh Jackman. (2004, 12, 132min) ★★★
3.40 **It** Horror with Bill Skarsgård. (2017, 15, 135min) ★★★★
6.00 **Mars Attacks!** Tim Burton's sci-fi spoof with Jack Nicholson. (1996, 12, 106min) ★★★★
8.00 **Interstellar** Sci-fi drama with Matthew McConaughey, Anne Hathaway and Michael Caine. (2014, 12, 166min) ★★★★
10.55 **The Nun** Horror starring Taissa Farmiga. A troubled priest and a novice nun discover a religious order's terrible secret. (2018, 15, 96min) ★★★
12.35 AM **Salem's Lot** Horror starring Lewis Pullman and Makenzie Leigh. (2024, 15, 109min) ★★★
2.40 **The Exorcist** Occult chiller. (1973, 18, 121 min) ★★★★★
4.45 **to 6.30** AM **We Bury the Dead** Horror starring Daisy Ridley. (2024, 15, 94min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Wicked

304 304 406 506 519

6.00 AM **The Wizard of Oz** (1939)
7.50 **The Wiz** As 12.45am.
10.10 **Wicked** As 10.05pm.
12.50 PM **Wicked: For Good**
3.15 **The Wizard of Oz** Classic musical fantasy starring Judy Garland as the young Kansas girl who is swept by a twister to the magical land of Oz. With Frank Morgan, Ray Bolger and Jack Haley. (1939, U, 98min) ★★★★★
5.00 **Wicked** As shown at 10.05pm.

3.15 The Wizard of Oz

7.40 **Wicked: For Good** Musical fantasy sequel starring Cynthia Erivo and Ariana Grande. Elphaba, the Wicked Witch of the West, must reunite with Glinda the Good to transform herself – and Oz. With Jeff Goldblum. (2025, PG, 137min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Wicked** Part one of The *Wizard of Oz* prequel based on the hit stage musical, starring Cynthia Erivo, Ariana Grande and Jeff Goldblum. (2024, PG, 160min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **The Wiz** Motown musical updating of *The Wizard of Oz* based on the hit Broadway show, starring Diana Ross, Michael Jackson and Richard Pryor. (1978, U, 133min) ★★
3.00 **The Wizard of Oz** As 3.15pm.
4.45 **The Cinema List: Family Favourites**
5.15 **to 7.30** AM **The Wiz** (1978)

Sky Cinema Action

306 306 407 507 521

7.15 AM **Long Gone Heroes**
9.05 **SAS: Red Notice** Action thriller. (2021, 15, 90min) ★★★
11.20 **Olympus Has Fallen** Action thriller. (2011, 15, 119min) ★★★
1.25 PM **Spider-Man 2** Fantasy. (2004, PG, 127min) ★★★★
3.35 **The Scorpion King** Fantasy. (2002, 12, 91min) ★★★
5.10 **Mission: Impossible – The Final Reckoning** Action thriller starring Tom Cruise. (2024, 12, 169min) ★★★

5.10 M:I - The Final Reckoning

8.00 **Spider-Man 3** Fantasy sequel starring Tobey Maguire and Kirsten Dunst. A mysterious substance turns Spider-Man's suit jet-black and brings out a dark side to his personality, so he must conquer his inner demons before he can defeat two adversaries. (2007, 12, 139min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **Bad Boys II** Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 AM **Long Gone Heroes** Thriller. (2024, 15, 101min) ★★★
2.55 **Sudden Death** Action thriller. (1995, 18, 110min) ★★★
4.50 **Sky Cinema Preview**
5.20 **to 7.35** AM **First Knight** Romantic mythical drama. (1995, PG, 134min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.40 AM **Big Daddy** Comedy. (1999, 12, 95min) ★★★
8.25 **The Whole Nine Yards** Black comedy. (2000, 15) ★★★
10.05 **Beetlejuice Beetlejuice**
12.05 PM **Yesterday** Music comedy. (2019, 12, 116min) ★★★
2.10 **Hitch** Romantic comedy. (2005, 12, 118min) ★★★
4.15 **The Wedding Singer** Comedy. (1998, 12, 97min) ★★★★
6.00 **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★★

6.00 Dumb and Dumber

8.00 **Blades of Glory** Comedy starring Will Ferrell and Jon Heder. Two ice skating rivals team up as the first all-male figure skating pair in history. (2007, 12, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Instant Family** Comedy drama starring Mark Wahlberg and Rose Byrne. A couple get more than they bargained for when they take in a rebellious teen and her two siblings. (2018, 12, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Team America: World Police** Spoof of Hollywood action movies performed by puppets. (2004, 15, 98min) ★★★★
1.15 AM **'About Last Night...'** Comedy drama starring Rob Lowe. (1986, 18, 113min) ★★★
3.10 **Beetlejuice Beetlejuice** Horror comedy sequel. (2024, 12, 105min) ★★★★
5.00 **to 6.50** AM **Dumb and Dumber** As 6.00pm.

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Naked Singularity** Drama. (2021, 15, 93min) ★★★
7.40 **Vanilla Sky** Romantic fantasy. (2001, 15, 136min) ★★★
10.00 **Speak No Evil** Horror thriller. (2024, 15, 110min) ★★★★
12.00 NOON **Ocean's Eleven** Thriller. (2001, 12, 116min) ★★★★
2.00 PM **The Bourne Supremacy**
3.50 **Civil War** Action thriller. (2023, 15, 109min) ★★★★
5.50 **Ocean's Twelve** Thriller sequel. (2004, 12, 125min) ★★★★

8.00 Jaws

8.00 **Jaws** Steven Spielberg's thriller with Roy Scheider, Robert Shaw and Richard Dreyfuss. A beach paradise on America's east coast turns into a blood-soaked nightmare when a killer shark goes on the rampage. (1975, 12, 125min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **The Bourne Supremacy** Espionage thriller sequel starring Matt Damon. Former CIA assassin Jason Bourne tries to discover why his enemies want to kill him. (2004, 12, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **American Gangster** Epic crime drama starring Russell Crowe and Denzel Washington. (2007, 18, 157min) ★★★★
2.35 AM **RocknRolla** Guy Ritchie's comedy thriller with Gerard Butler. (2008, 15, 110min) ★★
4.35 **to 6.20** AM **Restless** Thriller. (2024, 15, 89min) ★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Lady Eve** Comedy. (1941, b/w, U, 93min) ★★★★
12.55 PM **Mr Popper's Penguins** Comedy starring Jim Carrey. (2011, PG, 94min) ★★★
2.45 **Rat Race** Road comedy. (2001, 12, 112min) ★★★
4.55 **The Old Man & the Gun** Fact-based crime drama. (2018, 12, 93min) ★★★★
6.50 **I, Robot** Sci-fi thriller. (2004, 12, 115min) ★★★★

12.55 Mr Popper's Penguins

8 PM **I, Robot** (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **Predator** Sci-fi action fantasy starring Arnold Schwarzenegger as the leader of a commando team battling a ferocious alien in the South American jungle. With Carl Weathers, Elpidia Carrillo and Bill Duke. (1987, 15, 107min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM **11.10** **Crawl** Horror thriller with Kaya Scodelario. A woman tries to rescue her father from his flooding house in a hurricane, but the rising water turns out to be the least of their worries. (2019, 15, 87min) ★★★
12.55 **to 3.20** AM **High-Rise** Satirical thriller starring Tom Hiddleston and Jeremy Irons. (2015, 15, 114min) ★★★

+1 hour 314 430 47 301 257

Sky Cinema 2026 Recap

302 302 402 502 516

6.00 AM **Flavia** As 5.00am.
7.45 **Wicked: For Good** Fantasy sequel starring Cynthia Erivo. (2025, PG, 137min) ★★★
10.25 **The Bad Guys 2** Animation. (2025, PG, 104min) ★★★★
12.25 PM **Sketch** Fantasy comedy. (2025, 12, 93min) ★★★★
2.05 **Fuze** Thriller starring Aaron Taylor-Johnson and Theo James. (2026, 15, 97min) ★★★
3.50 **The Conjuring: Last Rites** Horror. (2025, 15, 135min) ★★★
6.10 **Dead Man's Wire** Thriller with Bill Skarsgård and Al Pacino. (2025, 15, 104min) ★★★★
8.00 **The Running Man** Comedy thriller starring Glen Powell. (2025, 15, 133min) ★★★
10.15 **Jurassic World: Rebirth** Fantasy with Scarlett Johansson. A crack team infiltrate a forbidden island to collect the DNA of three dinosaur species. (2025, 12, 133min) ★★★
12.35 AM **Eddington** Western starring Joaquin Phoenix and Emma Stone. (2025, 15, 148min) ★★★★
3.05 **Honey Don't!** Comedy thriller. (2025, 15, 89min) ★★★
4.40 **The Cinema List: Sky Originals**
5.00 **to 6.40** AM **Flavia** Adventure. (2026, PG, 100min) ★★★

Sky Cinema Greats

307 307 404 504 518

7.35 AM **The Day of the Jackal** Thriller starring Edward Fox. (1973, 15, 142min) ★★★★★
10.00 **Dirty Harry** Crime thriller. (1971, 15, 103min) ★★★★★
11.45 **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
1.45 PM **The Bodyguard** Romantic thriller. (1992, 15, 129min) ★★★
3.55 **The Fugitive** Action thriller. (1993, 15, 128min) ★★★★★
6.05 **Lethal Weapon** Thriller starring Mel Gibson and Danny Glover. (1987, 15, 110min) ★★★★
8.00 **Lethal Weapon 2** Thriller sequel starring Mel Gibson and Danny Glover as hard-hitting LA cops on the trail of a murderous South African drug trafficker. (1989, 15, 110min) ★★★★
10.00 **Jaws 2** Adventure thriller sequel starring Roy Scheider. Another shark returns to terrorise the small town of Amity. (1978, PG, 115min) ★★★
12.00 M'T **Jaws 3** Adventure thriller sequel. (1983, 12, 99min) ★★
1.40 AM **Falling Down** Drama. (1993, 18, 115min) ★★★★
3.35 **Dog Day Afternoon** Sidney Lumet's tragi-comic thriller. (1975, 15, 130min) ★★★★
5.40 **to 7.50** AM **The Fugitive**

Disney+ Cinema

305 305

6.00 AM **The Good Dinosaur** Animated comedy adventure. (2015, PG, 101min) ★★★★
7.40 **Beauty and the Beast** Musical. (2017, PG, 129min) ★★★★
9.50 **Percy Jackson: Sea of Monsters** Adventure sequel. (2013, PG, 102min) ★★★
11.40 **Finding Nemo** Animation with the voice of Albert Brooks. (2003, U, 104min) ★★★★★
1.25 PM **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
3.45 **Big Hero 6** Animated adventure. (2014, PG, 102min) ★★★★
5.30 **Frozen** Animated musical. (2013, PG, 108min) ★★★★
7.15 **Cars 2** Animated comedy sequel. (2011, U, 102min) ★★★
9.00 **National Treasure** Adventure. (2004, PG, 131min) ★★★★
11.10 **I Love You, Beth Cooper** Comedy. (2009, 15, 97min) ★
12.55 AM **The Maze Runner** Sci-fi adventure with Dylan O'Brien. (2014, 12, 110min) ★★★
2.50 **Nightbitch** Dark comedy. (2024, 15, 99min) ★★★
4.30 **to 6.00** AM **The Haunted Mansion** Supernatural comedy. (2003, PG, 87min) ★★

Movies 24

312 313 419

7.00 AM **An Alpine Holiday** Comedy drama. (2025, U, 90min) ★★
9.00 **The Great Christmas Snow-In** Drama. (2024, PG, 90min) ★★
11.00 **Sincerely Truly Christmas** Fantasy. (2023, PG, 90min) ★★
1.00 PM **A Christmas for the Ages** Drama. (2023, PG, 85min) ★★
3.00 **A Suite Holiday Romance** Romantic drama starring Jessy Schram. (2025, PG, 90min) ★★
5.00 **A Make or Break Holiday** Drama starring Jennifer-Juniper Angeli. (2025, U, 89min) ★★
7.00 **Our Holiday Story** Romantic drama starring Nikki DeLoach. (2024, PG, 84min) ★★
9.00 **A Royal Christmas Holiday** Romance starring Brittany Underwood and Jonathan Stoddard. An ambitious reporter looking for her big break and a prince sent to New York cross paths during the holidays. (2023, PG, 89min) ★★
11.00 **A Carol For Two** Festive drama. (2024, PG, 90min) ★★
1.00 AM **Christmas Under the Lights** Drama. (2024, PG, 89min) ★★
3.00 **to 5.00** AM **To Have and To Holiday** Drama. (2024, PG) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **What the Butler Saw**
7.15 **Cinebox Memories**
7.20 **Runaround** Game show.
7.50 **Legend of the Hidden City**
8.25 **The Adventures of William Tell**
8.55 **Britain Swings to Bowling**
9.00 **Batman** 17/26. (S3)
9.30 **Hawkeye & the Last of the Mohicans** 11/39. (S1)
10.00 **Captain Scarlet and the Mysterons** 20/32. (S1)
10.30 **Champion the Wonder Horse**
11.00 **The Buccaneers** 31/39. (S1)
11.30 **The Adventures of Robin Hood**
12.00 NOON **Fiend Without a Face**
1.35 PM **The League of Gentlemen**
3.50 **Look at Life** Documentary.
4.00 **Whiplash** 25/34. (S1)
4.35 **Tommy the Toreador** (1959) ★★
6.20 **Cinebox Memories**
6.25 **Dick Turpin** 6/13. (S1)
7.00 **Maigret** 3/13. (S1)
8.00 **The Duchess of Duke Street**
9.05 **Our Man in Havana** (1959)
11.15 **Eurotrash**
11.50 **Fortean TV**
12.25 AM **One Step Beyond** (S1)
1.00 **Heavy Traffic** (1973, 18) ★★
2.35 **The Veil** 12/12. (S1)
3.05 **Jail Bait** (1954, b/w, PG) ★★
4.35 **Green Hornet Strikes Again!**
5.00 **The Adventures of Sir Lancelot**
5.30 **to 6.00** AM **Honey West**

Saturday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast**
9.00 LIVE **LPGA Tour Golf** Coverage of day three of the Amundi Evian Championship at Evian Resort Golf Club in France.
10.30 LIVE **Women's Test Cricket England v India.** Coverage of the second day of the one-off Test staged at Lord's in London.
2.00 PM LIVE **International T20 Cricket England v India.** Coverage of the fifth and final T20 of the series from Utilita Bowl, Southampton.
6.30 LIVE **DP World Tour Golf** Coverage of day three of the Genesis Scottish Open held at Renaissance Club, North Berwick.
8.00 **World Cup Report**
9.00 LIVE **PGA Tour Golf** Coverage of the third day of the ISCO Championship at Hurstbourne Country Club in Kentucky.
12.00 M'T **World Cup Report**
1.30 AM LIVE **Major League Cricket Seattle Orcas v San Francisco Unicorns.** The T20 match at Grand Prairie Stadium.
5.30 **to 6.00** AM **World Cup Report**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **Premier League Review**
2.00 PM **Netbusters** Fast-paced Premier League highlights using alternative angles, featuring every goal from every game.
4.30 **Premier League Stories** Former West Ham United striker Dean Ashton reflects on his career.
5.00 **Premier League World Beaters** A look at some of the best players in the top flight.
6.00 **Premier League Review** Action from the 11th round of fixtures. **7.00** Highlights from round 12. **8.00** Action from the 13th round of top-flight fixtures. **9.00** Highlights from round 14. **10.00** Action from the 15th round of top-flight fixtures.
11.00 **Premier League Years** Georgie Thompson reviews classic games, infamous blunders and moments of skill from the 1999/00 season, all set to a specially selected soundtrack from the time.
1.00 AM **PL Retro** Manchester United v Manchester City from 2009/10.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup Retro**
8.00 **Dundee United: Champions 83**
8.30 **John Robertson: Hammer of Hibs** Archive highlights.
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **Championship Season Review**
11.30 **EFL Greatest Games**
12.00 NOON **Retro League One**
2.00 PM **EFL Rivalries**
3.00 **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Retro** The 2017 final.
5.00 **Old Firm Derby Best Goals**
5.30 **EFL Greatest Games**
6.00 **Retro League One**
8.00 **Best Moments from the Championship Play-Off Final**
8.30 **Best Moments from the League 1 & 2 Play-Off Final**
9.00 **SPFL Highlights** Rangers v Celtic from the 2020/21 season.
9.30 **EFL Greatest Games**
10.00 **EFL Cup Retro** Arsenal v Manchester City in the 2018 final.
10.30 **EFL** Best goals from 2017/18.
11.00 **Edinburgh Derby Best Goals**
11.30 **EFL Greatest Games**
12.00 M'T **EFL** The 2014/15 play-offs.
3.00 AM **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **to 6.00** AM **Championship Retro**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **Women's Test Cricket**
7.00 **ICC Women's World Cup 2013**
7.30 **Test Cricket** England v India.
7.45 **Women's T20 World Cup**
8.15 **Women's Test Cricket**
9.15 **International T20 Cricket**
9.45 **Women's T20 World Cup**
10.15 **Women's Test Cricket**
10.30 LIVE **Women's Test Cricket England v India.** Coverage of the second day of the one-off Test held at Lord's in London. England will be hoping to improve on their last Test match performance, when they were hammered by an innings and 122 runs by Australia back in early 2025.
6.30 PM **Women's T20 World Cup**
8.00 **Women's Test Cricket**
9.00 **Best of ICC WT20**
9.15 LIVE **Major League Cricket Texas Super Kings v Washington Freedom.** Coverage of the T20 match staged at Grand Prairie Stadium in Texas.
1.15 AM LIVE **Major League Cricket Seattle Orcas v San Francisco Unicorns.** The T20 game at Grand Prairie Stadium.
5.30 **to 6.00** AM **International T20 Cricket**

Sky Sports Golf

406 406 506 423 443

6.00 AM **PGA Tour Golf**
9.00 LIVE **LPGA Tour Golf** Coverage of day three of the Amundi Evian Championship at Evian Resort Golf Club in France.
3.00 PM LIVE **DP World Tour Golf** Day three of the Genesis Scottish Open held at Renaissance Club.
8.00 **LPGA Tour Golf** Highlights.
9.00 LIVE **PGA Tour Golf** The third day of the ISCO Championship from Hurstbourne Country Club.
12.00 M'T **Scotland's Greatest Golf Holes** Featuring Dumbarnie Links.
12.30 AM **LPGA Tour Golf**
1.30 **School of Golf**
2.00 **DP World Tour Golf**
3.00 **The Open – Official Films**
4.00 **LPGA Tour Golf**
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **US Open Classic Matches**
7.00 **ATP & WTA Tour Classics**
8.00 **Best of Serena Williams**
10.00 **ATP & WTA Tour Classics**
11.00 **US Open Classic Matches**
12.00 NOON **Best of Serena Williams**
2.00 PM **US Open Classic Matches**
3.00 **Best of Serena Williams**
4.00 **WTA Tennis** Highlights.
7.00 **Best of Federer** Archive action.
8.00 **Best of the US Open 2025**
10.00 **Best of Federer** Archive action.
12.00 M'T **US Open Classic Matches**
1.00 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **FIM Speedway Grand Prix**
7.00 LIVE **AFL GWS Giants v Geelong Cats.** Coverage of the match at ENGIE Stadium. Bounce-up **7.15am**.
10.00 **Premier League Stories**
10.30 **UEFA Champions League**
10.45 **The Gruppetto** Cycling news.
11.00 **Tour de France Men Highlights**
12.00 NOON LIVE **Tour de France Men** Coverage from the eighth stage of the Grand Tour race, a route from Perigueux to Bergerac.
5.00 PM **Race Bikes**
5.30 **Premier League Stories**
6.00 **MLB Highlights**
7.00 LIVE **MLB Minnesota Twins v Los Angeles Angels.** Coverage of the American League match from Target Field. Start-time **7.10pm**.
10.00 **Wimbledon** Action from day 13.
11.30 **TNT Sports Reload**
12.00 M'T LIVE **UFC** Coverage of the preliminary bouts from UFC 329.
2.00 AM **Tour de France Men**
3.00 **Longines Global Champions Tour** Grand Prix of Monaco.
4.00 **to 7.00** AM LIVE **AFL Western Bulldogs v West Coast Eagles.** Bounce-up **4.10am**.

TNT Sports 2

411 414 522 409 431

7.00 AM **MotoGP** From Germany.
7.30 LIVE **MotoGP** The Grand Prix of Germany Moto3 and Moto2 second free practice and qualifying sessions at Sachsenring.
1.45 PM LIVE **MotoGP** Grand Prix of Germany MotoGP sprint race.
2.45 **MotoGP Rewind**
3.00 LIVE **MotoGP Rookies Cup** Grand Prix of Germany first race.
4.00 LIVE **Moto4 Northern Cup** Coverage of race one in Germany.
5.00 **MotoGP** Grand Prix of Germany.
5.30 LIVE **FIM Speedway Grand Prix** Round six of the season at Skrotfrag Arena in Sweden.
9.00 **Tour de France Men Highlights**
10.00 **MotoGP** Grand Prix of Germany.
10.30 **World Superbikes**
11.00 **MLB Highlights**
12.00 M'T LIVE **MLB St Louis Cardinals v Atlanta Braves.** Coverage of the National League match from Busch Stadium. Start-time **12.15am**.
3.00 AM **MotoGP** From Germany.
3.30 **World Superbikes**
4.00 **UCI Mountain Bike World Series** From Pal Arinsal, Andorra.
5.00 **to 6.00** AM **Tour de France Men**

Sky Sports Action

412 410 510 426 446

6.00 AM LIVE **NRL Dolphins v Cronulla-Sutherland Sharks.** Kick-off is at **6.00am**.
8.00 **Super League Highlights**
8.30 LIVE **NRL Canterbury-Bankstown Bulldogs v Canberra Raiders.** Coverage of the match held at Accor Stadium. Kick-off **8.30am**.
10.35 LIVE **NRL Sydney Roosters v Paramatta Eels.** Kick-off is at **10.35am**.
12.35 PM **NBA Basketball**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
5.00 LIVE **Super League Hull Kingston Rovers v Wakefield Trinity.** Coverage of the match at Craven Park Stadium. Kick-off **5.30pm**.
7.45 **NFL Bitesize Highlights**
8.00 **Super League Highlights**
8.30 **NBA on Fire** The latest news.
9.00 LIVE **NBA Summer League Charlotte Hornets v New Orleans Pelicans.** From Thomas & Mack Center. Tip-off **9.00pm**.
11.00 LIVE **NBA Summer League San Antonio Spurs v New York Knicks.** Tip-off **11.00pm**.
1.30 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM LIVE **NRL Dolphins v Cronulla-Sutherland Sharks.** Coverage of the match from the 19th round of fixtures staged at Kayo Stadium in Redcliffe. Kick-off **6.00am**.
8.00 **World Cup Breakfast**
10.00 LIVE **DP World Tour Golf** Coverage of day three of the Genesis Scottish Open, the Rolex Series event held at Renaissance Club in North Berwick.
3.00 PM **World Cup Matchday**
5.00 LIVE **Super League Hull Kingston Rovers v Wakefield Trinity.** Coverage of the match from the 18th round of fixtures from Craven Park Stadium. Kick-off **5.30pm**.
8.00 **World Cup Report** A round-up of all the day's World Cup news.
11.00 LIVE **WNBA Las Vegas Aces v Phoenix Mercury.** The Western Conference match at Michelob Ultra Arena. Tip-off **11.00pm**.
1.30 AM **Premier League Darts** Action from the 11th night of the tournament at Rotterdam Ahoy.
5.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **State of Origin**
6.15 LIVE **NRLW Canterbury-Bankstown Bulldogs v Gold Coast Titans.** Coverage of the match from Accor Stadium. Kick-off **6.15am**.
8.15 LIVE **NRLW Sydney Roosters v Newcastle Knights.** Coverage of the game at Allianz Stadium. Kick-off **8.15am**.
10.15 **Women's Test Cricket**
10.30 LIVE **Women's Test Cricket England v India.** The second day of the one-off Test held at Lord's.
6.30 PM **Spirit of Yachting**
7.00 **Women's Test Cricket**
8.00 **International T20 Cricket**
9.00 **PGA Tour Golf** Highlights.
10.00 **Women's Test Cricket**
10.30 **Spirit of Yachting**
11.00 LIVE **WNBA Las Vegas Aces v Phoenix Mercury.** Western Conference match. Tip-off **11.00pm**.
1.30 AM **International T20 Cricket**
3.00 LIVE **NRLW Canberra Raiders v New Zealand Warriors.** Coverage from GIO Stadium. Kick-off **3.00am**.
4.45 **to 6.45** AM LIVE **NRLW St George Illawarra Dragons v Parramatta Eels.** Coverage from WIN Stadium. Kick-off **4.45am**.

TNT Sports 3

413 415 523 410 432

6.00 AM **Tour de France Men**
7.00 **Fishing: On the Bank**
8.00 **Golden Trail World Series**
8.30 **Wimbledon** The 12th day.
10.00 **UCI Mountain Bike World Series**
11.00 LIVE **UCI Mountain Bike World Series** The downhill elite races from Pal Arinsal, Andorra.
2.45 PM **Playing for Our Future**
3.00 **TNT Sports Reload**
3.30 LIVE **Wimbledon** The ladies singles final at the All England Club.
6.30 **AFL** A chance to see St Kilda Saints v Port Adelaide Power.
8.00 LIVE **IFSC Climbing World Series** The men's and women's speed finals in Chamonix, France.
9.30 **UCI Mountain Bike World Series** From Pal Arinsal, Andorra.
10.30 **AFL** GWS Giants v Geelong Cats.
12.00 M'T **AFL** Two match replays.
3.00 AM **Wimbledon** The 13th day.
4.30 **TNT Sports Reload**
5.00 **MotoGP** Grand Prix of Germany.
5.30 **to 6.00** AM **World Superbikes**

TNT Sports 4

414 416 524 411 434

6.00 AM **UCI Mountain Bikes**
7.30 **Test Cricket Highlights**
9.30 LIVE **World Superbikes** The Superbike third free practice session at Donington Park Circuit.
10.15 **British Superbikes Rewind**
10.30 LIVE **AFL Carlton Blues v Hawthorn Hawks.** From Melbourne Cricket Ground. Bounce-up **10.35am**.
1.30 PM **TNT Sports Reload**
1.45 LIVE **World Superbikes** Coverage of races from Donington Park Circuit in Leicestershire.
4.30 **It's a Numbers Game**
5.00 **Test Cricket Highlights**
7.00 LIVE **One-Day International Cricket West Indies v New Zealand.** Coverage of the first ODI in the five-match series from Providence Cricket Stadium in Guyana.
4.00 AM **UEFA Champions League – Stories of the Finals**
4.30 **to 6.00** AM **Ultimate Pool**

Premier Sports 1

419 APP 528

6.00 AM **Ultimate Karting Championship** Highlights.
8.00 **Rugby Junior World Championships** Spain v Fiji. **10.00** South Africa v Wales.
12.00 NOON **European Le Mans Series** Action from Imola.
1.00 PM **World Surf League** Action from the Surf City El Salvador Pro.
2.00 **Rugby Junior World Championships** Another chance to see Ireland v USA. **4.00** Scotland v Japan.
6.00 **Top 14 Rugby Union Highlights** Season review.
7.00 **Sporting Greats**
7.30 **EUT20 Belgium** Brussels v Bruges in the seventh play-off match at Stars Arena in Belgium.
10.45 **EUT20 Belgium** Another chance to see Ghent v Antwerp.
2.30 AM **World of FreeSports**
3.00 **Sporting Greats**
3.30 **Coppa Italia** A replay of the final.
5.30 **to 6.00** AM **Sporting Greats**

Premier Sports 2

420 APP 529

6.00 AM **Football** Shelbourne v Celtic.
8.00 **Football's Greatest**
8.30 **United Rugby Championship**
10.45 **Scottish Cup Football** Celtic v Dunfermline Athletic in the final.
12.45 PM **Premier Sports Cup** Celtic v Rangers in the semi-final.
3.15 **Premier Sports Cup** A replay of St. Mirren v Celtic in the final.
5.15 LIVE **Premier Sports Cup Stirling Albion v Dundee United.** Coverage of the Group B match staged at Forthbank Stadium. Kick-off **5.30pm**.
7.45 **Football's Greatest**
8.15 **United Rugby Championship** Another chance to see Leinster v Bulls in this year's final.
10.30 **Premier Sports Cup** Stirling Albion v Dundee United.
12.30 AM **Temples of Sport**
1.00 **Top 14 Rugby Union**
3.00 **Mass Participation**
3.30 **Challenge Cup**
5.30 **to 6.00** AM **Mass Participation**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1**
10.00 **GB3 Championship Highlights**
11.00 **Formula 1** Highlights.
2.15 PM **Naomi Hot Laps**
2.30 **Formula 1** Recent highlights.
7.30 **Formula 1** Austrian Grand Prix. **8.30** The British Grand Prix.
9.30 **F1 Academy** Race review.
10.00 **Formula 1** British Grand Prix.
12.15 AM **Ted's Notebook**
12.45 **Golf with Sergio Perez**
1.00 **F1 Explained**
2.00 **The Best of Australia & China**
3.00 **F1 Explained**
4.00 **The Best of Australia & China**
5.00 **to 6.00** AM **F1 Explained**

Sunday

12 July

Planner

The Dark

***CRIME DRAMA** ITV1, 9pm (box set, ITVX)*

The beautiful and moody Scottish Highlands are the backdrop for this new crime drama, which stars Laura Donnelly as a detective on the hunt for a serial killer following the discovery of a young man's body in the remote wilderness.

The Westies

***DRAMA** MGM+*

Fans of *Peaky Blinders* and *Boardwalk Empire* should enjoy this one. An excellent cast featuring JK Simmons, Titus Welliver, Sarah Bolger and Tom Brittney star in this 1980s-set drama inspired by the real story of Italian and Irish gangs fighting for control of the streets in New York's Hell's Kitchen.

Wimbledon Finals

***TENNIS** BBC1, BBC2 & BBC iPlayer*

Two weeks of world class tennis action comes to a close today, as Centre Court hosts the greatest show in tennis: the men's singles final. Also today, the ladies' doubles champions will be decided.

The Piano

***ENTERTAINMENT** C4, 9pm*

The uplifting search for musical talent returns for a fourth series. The irreplaceable Claudia Winkleman returns with Mika, and they will be joined through the series by guest mentors – starting this evening with classical pianist Tiffany Poon.

Sunday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 4.00 Wimbledon – Live: The men's singles final		8.15 Asia		9.15 I, Jack Wright		10.00 News	10.30 I, Jack Wright
	102 BBC2	7.00 Countryfile	8.00 Antiques Roadshow			9.00 The Tech Billionaire Takeover		10.00 Film: Oppenheimer	
	103 ITV1	‹ 6.50 Film: Grease				9.00 The Dark			10.15 Long Lost Family Special...
	104 CHANNEL 4	7.00 Cruising to the Ends of the Earth	8.00 The Great Celebrity Bake Off			9.00 The Piano		10.00 Celebrity Gogglebox	
	105 5	7.00 Tour de France	8.00 The TV Rich List: Who Earns the Most?					10.00 When TV Goes Horribly Wrong	
	106 SKY ONE	7.00 La Brea				9.00 Film: Chicago			
ENTERTAINMENT	115 BBC3	7.00 EastEnders				9.00 Film: Elvis			
	116 BBC4	7.00 Today at the Test	8.00 Summer Night Concert from Vienna				9.30 The Lark...	10.00 Letters from Baghdad	
	118 ITV2	‹ 6.35 Film: Godzilla				9.00 Love Island		10.00 Love Island: Aftersun	
	136 MORE4	‹ 6.55 Four in a Bed				9.00 The Emergency Ward		10.00 24 Hours in A&E	
	135 E4	‹ 6.30 Film: A Knight's Tale				9.00 Film: The Inbetweeners 2			
	107 SKY WITNESS	7.00 Nothing to Declare	8.00 Caught on Dashcam			9.00 The Rookie		10.00 Irish Blood	
	108 SKY ATLANTIC	‹ 6.45 The Penguin				9.00 House of the Dragon			10.10 Task
	110 U&GOLD	‹ 6.40 Only Fools and Horses	8.00 Dad's Army	8.40 Red Dwarf					
	111 U&DAVE	7.00 Border Force: America's Gatekeepers	8.00 Special Ops: Crime Squad UK			9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	‹ 6.00 Midsomer Murders						10.00 Vera	
	120 ITV4	‹ 5.50 Sharpe	8.00 The Debrief with Dan and ROG			9.00 Film: The World's End			10.10 Film: The World's End
	112 COMEDY CENTRAL	7.00 Mr Bean						10.00 Alan Carr: Yap, Yap, Yap!	
	145 SKY SCI-FI	7.00 Stargate Atlantis				9.00 From			
	143 U&DRAMA	7.00 Hetty Wainthropp Investigates	8.00 Sister Boniface Mysteries			9.00 Silent Witness			
	109 U&ALIBI	7.00 Allegiance	8.00 Father Brown			9.00 Beyond Paradise		10.00 Father Brown	
	122 SKY ARTS	7.00 Grand Ole Opry: Opry Live	8.00 Film: Moulin Rouge						10.15 Johnson & Knopfler's...
	132 U&W	7.00 Inside the Ambulance	8.00 Inside the Operating Theatre					10.00 The Catherine Tate Show	
DOCUMENTARY	125 DISCOVERY	7.00 Alaska: Homestead Rescue				9.00 Barnwood Builders		10.00 Deadliest Catch	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?	8.00 Treetop Cat Rescue			9.00 Alaskan Bush People: Book of Noah		10.00 Tanked	
	129 NAT GEO	7.00 Hidden Beneath the Cities	8.00 Draining the Bermuda Triangle			9.00 Atlas of Cursed Places		10.00 Dark Secrets of the Lusitania	
	123 SKY HISTORY	7.00 The Last Burma Star	8.00 Hitler's British Island					10.00 World War II with Tom Hanks	
	155 U&YESTERDAY	7.00 Attenborough's Birds of Paradise	8.00 Bangers & Cash						
	114 SKY DOCS	‹ 6.00 Rik Mayall: Magnificent B'stard	8.00 Katie Price: Nothing to Hide		9.10 Tina				

‹ Denotes programmes starting before 7.00pm † Regions vary

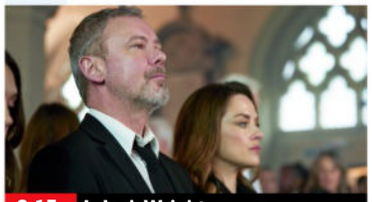
SUNDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x
* Terms & conditions: magazinesdirect.com/terms.

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.00 **Sunday with Laura Kuenssberg** (S)
10.00 **Politics England** (S)
10.30 **Prayer and Reflection** (S)(R)
11.00 **Homes Under the Hammer** (S)(R)
11.30 **Bargain Hunt** (S)(R)
12.15 PM **Songs of Praise** (S)(R)
12.50 **BBC News** (S)
1.05 LIVE **Wimbledon** Coverage of day 14 of the Grand Slam tournament from the All England Club, where the ladies' doubles final is scheduled to take place. (S)
4.00 LIVE **Wimbledon** Clare Balding presents further coverage of the 14th day from the All England Club, where the men's singles final takes centre-stage. Jannik Sinner won this title for the first time in his career last year, beating Carlos Alcaraz in the final. (S)


9.15 I, Jack Wright

6 PM LIVE **Wimbledon** (started at 4.00pm)
■ *Today at Wimbledon* is at 12.50am on BBC2

8 PM **8.15** **Asia** Animals that live in Asia's deserts and dry grasslands, including the Gobi bear, one of Earth's rarest animals, who communicate by leaving their scent on ancient trees. (S)(R)(AD)

9 PM **9.15** NEW TO BBC1 **I, Jack Wright** *Every Single Penny*: 1/6. Mystery drama about the aftermath of a businessman's suicide. Stars John Simm. *Previously shown on U&Alibi*. (S1) (S)(AD)
■ Continues at 10.30pm

10 PM **10.00** **BBC News** (S)
10.25 **Local News** (S)
10.30 **I, Jack Wright** New episode *Fight Like Hell*: 2/6. As DCI Morgan looks into Jack's death, the dead man's third wife Sally begins the formal process of challenging the will. (S1) (S)(AD)
■ Continues tomorrow at 9.15pm
11.15 FILM **The Notebook** Romantic drama starring Rachel McAdams and Ryan Gosling. A rich girl and a mill worker fall in love, but their romance is promptly stifled when World War Two breaks out. (S)(AD) (2004, 12, 115min) ★★★
1.10 AM **Weather for the Week Ahead**
1.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.35 AM **A to Z of TV Gardening** (S)(R)
7.20 **Glorious Gardens from Above** (R)
8.05 **Countryfile** (S)(R)
9.00 NEW SERIES **Best of Weatherman Walking** (S)
9.30 **Beechgrove Garden** New edition Calum Clunie and George Anderson check on the brassicas. (S)
10.00 **This Wild Life** (S)(R)
10.30 **Talking Tennis: Rivals** (S)(R)
11.00 LIVE **Wimbledon** The opening play on day 14 at the All England Club. *Continues on BBC1*. (S)
1.05 PM **Andi Oliver's Fabulous Feasts** From Notting Hill. (S)(R)(AD)
2.05 FILM **Sweet Charity** Musical starring Shirley MacLaine. (S) (1968, PG, 140min) ★★★★★
4.25 FILM **Pride & Prejudice** Period drama starring Keira Knightley. (S) (AD) (2005, U, 120min) ★★★★★

7.00 Countryfile

6.25 **Flog It!** Paul Martin presents a collection of the best finds from the show's travels around the country. (S)(R)

7.00 **Countryfile** New edition Anita Rani's east coast trip continues in West Mersea, where oysters have been harvested for 2,000 years, cultivated in the creeks around Mersea Island. (S)

8.00 **Antiques Roadshow** Fiona Bruce presents the show from Clissold Park, Stoke Newington, where treasures include one of Lewis Hamilton's racing helmets and memorabilia from *Blade Runner*. (S)(R)

9.00 NEW **The Tech Billionaire Takeover** Matt Shea investigates the big tech's super-elite, visiting the sovereign nations they are building and tracing their political connections to Trump. (S)(AD)

10.00 FILM **Oppenheimer** Christopher Nolan's epic biopic starring Cillian Murphy. J Robert Oppenheimer leads the Manhattan Project to develop an atomic weapon before Hitler and end World War Two. With Robert Downey Jr, Emily Blunt and Matt Damon. (S)(AD) (2022, 15, 170min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.50 AM **Today at Wimbledon** Action from the men's singles final. (S)
1.45 **Golf: Scottish Open Highlights** Day four from Renaissance Club in North Berwick. (S)
2.45 **Sign Zone: Kevin Bridges – In Search of the Beautiful Game** Football documentary. (S)(R)(AD)
3.45 **to 6.45** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **In for a Penny** (S)(R)(AD)
6.35 **James Martin's French Adventure** From Saint-Tropez. (S)(R)(AD)
7.05 FILM **You Only Live Twice** James Bond adventure starring Sean Connery and Donald Pleasence. (S)(AD) (1967, PG, 140min) ★★★
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** With Joanna David. (R)
11.30 NEW SERIES **Fern Britton: Inside the Vet's** Fern returns to Grove Vets in Bristol. (S)(AD)
12.30 PM **Love Your Garden** (S)(R)(AD)
1.30 **ITV News** (S)
1.40 **Lingo** Quiz show. (S)(R)
2.40 FILM **On Her Majesty's Secret Service** James Bond adventure starring George Lazenby. (S)(AD) (1969, PG, 165min) ★★★★
5.25 **The Chase Celebrity Special** (S)(R)

6.50 Grease

6.20 **ITV News** (S)
6.35 **Local News** (S)
6.50 FILM **Grease** Smash-hit musical starring John Travolta and Olivia Newton-John. On holiday in 1950s California, an Australian teenager meets a local boy, and it's love at first sight, but when she enrols at her boyfriend's high school, he reverts to playing it cool as the leather-clad, tough-talking leader of the T-Birds gang. (S)(AD) (1978, PG, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

9.00 NEW SERIES **The Dark** 1/6. Crime drama with Laura Donnelly. DI Monica Kennedy investigates when a body is found in the Highlands. *See feature, page 6*. (S1) (S)(AD)
■ Continues tomorrow

10.00 **ITV News** (S)
10.15 **Long Lost Family Special: The Spanish Baby Scandal** Two women who believe babies were stolen from their families at birth during a historic scandal in Spain. (S)(R)(AD)
11.15 **The Debrief with Dan and ROG** A look back at action from round two of the Rugby Union Nations Championship. (S)(R)
12.15 AM **Teleshopping**
3.00 **Motorsport UK** Richard John Neill presents the latest action from Brands Hatch. (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Ainsley's Fantastic Flavours** (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

5.55 AM **The King of Queens** (S)(R)(AD)
7.10 **Everybody Loves Raymond** (S)(R)
8.30 **The Simpsons** (S)(R)(AD)
10.00 **Sunday Brunch** New edition Guests include Sue Johnston, Tom Basden and Corinna Brown. Plus, music by JJerome87. (S)
1.00 PM **The Dog House** Yvonne and Graham seek a companion for their sausage dog Baxter. (S)(R)
2.00 **Four in a Bed** Five editions of the B&B challenge. (S)(R)
4.35 **Our Farm Next Door: Amanda, Clive and Kids** The Owens prepare to say goodbye to a much-loved family pet. (S)(R)(AD)
5.35 NEW TO C4 **Britain's Favourite Railway Stations with Si King** The presenter explores the history of railway stations, starting with York. *Previously on More4*. (S)(R)(AD)

9.00 The Piano

6.30 **News** (S)

7.00 **Cruising to the Ends of the Earth** Series finale 8/8. The tourists take in Alaska's Snow Passage, while the crew search for gold in an old mine. In Japan, the crew perform a dance. (S)(AD)

8.00 **The Great Celebrity Bake Off for Stand Up to Cancer** AJ Odudu, Gemma Collins, Jessica Hynes and Tim Key relive their earliest childhood memories in choux in the Showstopper. (S)(R)(AD)

9.00 NEW SERIES **The Piano** Claudia Winkleman and Mika are joined by classical pianist Tiffany Poon – the first of several mentors this series – as the search for new stars begins in Birmingham. (S)(AD)

10.00 **Celebrity Gogglebox** A cast of famous faces, including Denise Van Outen and Johnny Vaughan, Vernon Kay and Paddy McGuinness and Shaun Ryder and Bez, offer their views on recent TV shows. (S)(R)(AD)
11.00 **Gogglebox** Opinions on *Strictly Come Dancing, Slow Horses* and *Antiques Roadshow*. (S)(R)(AD)
12.05 AM FILM **Beau Is Afraid** Horror comedy starring Joaquin Phoenix, Nathan Lane and Amy Ryan. (S) (2023, 15, 185min) ★★★★
3.10 **Ramsay's Kitchen Nightmares USA** From Baltimore. (S)(SL)(R)
4.00 **The Simpsons** (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Entertainment News** (S)
9.25 **Bargain-Loving Brits in the Sun** Documentary. (S)(R)
9.50 **Happy Campers: The Caravan Park** Double bill. (S)(R)
11.40 **Cruising with Susan Calman** Double bill of editions. (S)(R)
1.35 PM **The Canal Map of Britain** A look at Britain's beloved canal network. (S)(R)
2.35 **The Coastal Map of Britain** Examining the rise and fall of the UK's greatest ports. (S)(R)
3.35 **The Mighty Mississippi with Nick Knowles** 1&2/2. A journey along the American river. (S)(R)
5.35 **The Big Drought of 1975** A look at a record-breaking spell of erratic weather that lasted for 16 months. (S)(R)

8.00 The TV Rich List

6.55 **News** (S)

7.00 **Tour de France** Rebecca Charlton presents highlights from stage nine with the peloton travelling 185.5km from Malemort to Ussel in the final stage before the race's first rest day. (S)

8.00 NEW **The TV Rich List: Who Earns the Most?** A countdown of the 30 wealthiest stars of British television, ranked in order of their estimated net worth, with insights from entertainment journalists and cultural commentators, including Caroline Frost, Matthew Sweet, Gordon Smart and Scott Bryan. (S)

10.00 **When TV Goes Horribly Wrong** Jan Leeming narrates a collection of on-air disasters involving TV presenters, from live gaffes and wardrobe malfunctions to slip-ups, pratfalls and flying fists. (S)(R)

12.05 AM **Police Interceptors** (S)(R)
1.00 **Teleshopping** (S)(R)
2.00 **Garden Makeovers from Hell** A selection of garden catastrophes. (S)(R)
3.15 **Friends** (S3) (S)(R)(AD)
4.30 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **S.W.A.T.** (S6) (S)(R)(AD)
9.00 **The Office (US)** (S)(R)
11.00 **The Simpsons** (S)(R)
1.30 PM **Best Medicine** 6/13. Martin treats a man who has turned blue. (S1) (S)(R)
2.30 FILM **Eddie the Eagle** Biopic of British underdog ski jumper Eddie Edwards, who became a national sensation during the 1988 Winter Olympics. Stars Taron Egerton, Hugh Jackman and Christopher Walken. (S) (2016, PG, 120min) ★★★
4.30 **Animal Control** 6/12. Emily and Victoria help Dr Summers with an alpaca birth. (R)
5.00 7/12. Frank and Victoria stake out a peacock. (R)
5.30 8/12. An aggressive attack dog is on the loose. (S1) (R)

7.00 La Brea

6.00 **Animal Control** 9/12. The precinct hosts an animal adoption day. (R) **6.30** 10/12. The team members welcome back Patel – even though he's still on suspension. (S1) (R)

7.00 **La Brea** *The Great Escape:* 3/14. Gavin and Eve try to escape from their captors, while Lucas leads a dangerous mission to the fort. (R)(AD)

8.00 **La Brea** *The Fog:* 4/14. When a fog falls over the Clearing, Eve takes the lead against a group of invaders – only to encounter a more dangerous threat. (S2) (R)(AD)

9.00 FILM **Chicago** Oscar-winning screen version of the hit Broadway musical, starring Renée Zellweger, Catherine Zeta-Jones and Richard Gere. In 1920s Chicago, a showgirl and a wannabe musical star become celebrities on Murderess Row – with help from a slick lawyer. With John C Reilly and Queen Latifah. (S) (2002, 12, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.10 **Evil** 8/10. The team head to a toy shop to investigate reports of possessed toys. (S3) (S)(R)
12.10 AM **The Force: North East** Officers respond to an urgent call in Newcastle. (S)(R)
1.10 Police hunt for the mother of a three-year-old boy. (S)(R)
2.05 Bonfire Night brings back-to-back emergency calls. (S)(R)
3.00 **Road Wars** (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.00-10.30am Scam Interceptors (S)(R)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.00-10.30am Sunday Politics Northern Ireland (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.00-10.30am Politics Wales (S) **11.15pm** Rewind: 60 Years of Welsh Pop (S)(R) **11.45** FILM The Notebook (S)(AD) (2004, 12, 115min) ★★★ **1.40-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
2.05pm Vintage Antiques Roadshow (S)(R) **2.35** Celebrity Antiques Road Trip (S)(R) **3.35** LIVE All-Ireland Senior Football Championship (S) **6.05-7.00pm** Flog It! (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Y Fets (AD) **10.00** Gwesty Aduniad **11.00** Garddio a Mwy **11.30** Gerddi Cymru **12.00noon** Cyfres Triathlon Cymru 2026 **1.00pm** Yr Afon **2.00** Dylan ar Daith **3.00** Priodas Pum Mil **4.05** Arfordir Cymru: Sir Benfro (AD) **4.35** Ffermio **5.10** Pobol y Cwm Omnibws (AD) **6.15** Newyddion a'r Tywydd **6.30** NEW Uchafbwyntiau Llangollen **7.15** NEW Cor y Byd Llangollen **10.00** Seiclo: Tour de France **10.30** Tabw **11.00-11.35pm** Cymoedd Roy Noble

TV&Streaming week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Honey attempts to clear Billy's name, and Kim continues to avoid Denise out of guilt. **7.30** Bea completely unravels, and Avani tries to reach out to Ravi. **8.00** Priya finds herself trapped, while Jack pushes Kim to visit Denise. **8.30** Max scrambles to excuse his behaviour, and Priya receives a shock.
9.00 FILM **Elvis** Baz Luhrmann's biopic starring Austin Butler and Tom Hanks. Singer Elvis Presley takes the world by storm while struggling with the influence of his controlling manager, Colonel Tom Parker. (2022, 12, 159min) ★★★★
11.25 **Kidnapped by My Mum** The story of Alex Batty, who went missing when he was 11 on what was supposed to be a short family holiday.

1.05 AM **Chloe Ayling: My Unbelievable Kidnapping**
3.25 **to 3.55** AM **BBC New Comedy Awards**

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Today at the Test** England v India: Action from the third day of the one-off women's Test at Lord's.
8.00 NEW **Summer Night Concert from Vienna** Bryn Terfel joins the Vienna Philharmonic at Schönbrunn Palace for arias from Verdi's *Falstaff* and Wagner's *Das Rheingold* and Tevye's song from *Fiddler on the Roof*.
9.30 **The Lark Ascending** Diana Rigg explores the popularity of composer Vaughan Williams' composition, and introduces a performance by violinist Julia Hwang and pianist Charles Matthews.
10.00 **Letters from Baghdad** The story of Gertrude Bell, who helped to shape the modern Middle East.

11.25 **The Man Who Discovered Egypt**
12.25 AM **Summer Night Concert from Vienna**
1.55 **The Lark Ascending**
2.25 **to 3.25** AM **Great British Railway Journeys**

MORE4

136/137 127 147 18 124 15

8.55 AM **A Place in the Sun**
3.50 PM **Come Dine with Me Paralympics Special** Dressage champion Natasha Baker hosts night one. **4.20** Judoka Chris Skelley hosts the second night. **4.50** Paralympic presenter Arthur Williams hosts. **5.20** Wheelchair basketball star Amy Conroy hosts. **5.50** Retired swimmer Liz Johnson is the final host.
6.20 **Four in a Bed** The first visit is to Clachan Garden B&B.

6.55 **Four in a Bed** The week's second visit is to Highland Premier Glamping Pods. **7.25** The week's third visit is to Cultybraggan Camp in Perth and Kinross. **7.55** The final visit of the week is to Uplawmoor Hotel near Glasgow. **8.30** Payment Day arrives.
9.00 **The Emergency Ward** Dr Jonathan Papson struggles to cut a glove from an injured construction worker's hand, while Dr Assiya Halid treats a driver who smashed his beloved car into a wall.
10.00 **24 Hours in A&E** A 71-year-old with terminal cancer is brought in with breathing difficulties.

11.05 **24 Hours in A&E**
12.10 AM **The Emergency Ward**
1.10 **24 Hours in A&E**
3.20 **to 3.50** AM **A Place in the Sun**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks Omnibus**
7.35 **Modern Family**
8.30 **Ramsay's Hotel Hell**
12.30 PM FILM **The Emoji Movie** Animated family adventure featuring the voice of TJ Miller. (2017, U, 83min) ★
2.10 **The Simpsons**
5.15 **The Great Australian Bake Off** New edition In Cheese Week, the seven remaining bakers create cheesy tear 'n' shares, three-cheese pies and showstopping tiered cheesecakes.

6.30 FILM **A Knight's Tale** Medieval romantic action comedy starring Heath Ledger and Paul Bettany. A 14th-century peasant pretends to be a knight and becomes a champion jouster. With Mark Addy and Shannyn Sossamon. (2001, PG, 132min) ★★★
9.00 FILM **The Inbetweeners 2** Comedy spin-off sequel starring Simon Bird, James Buckley, Joe Thomas and Blake Harrison. The awkward teenagers find that university does not live up to their expectations, and decide to go to Australia in search of adventure. (2014, 15, 92min) ★★

11.00 **The Inbetweeners**
12.00 M'T **Gogglebox**
2.10 AM **Brooklyn Nine-Nine**
4.15 **to 6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 306 30 123 256

Sunday primetime primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Caught Red Handed**
8.00 **A1: Britain's Longest Road**
9.00 **Send in the Dogs**
10.00 **Stop, Search, Seize**
11.00 **Border Patrol**
12.00 NOON **Border Security USA** In Detroit, police investigate when they find two guns and a skull in the back of a van.
1.00 PM **Stop, Search, Seize** The work of Ireland's border force.
2.00 **Nothing to Declare** Ten editions of the documentary series following the work of customs officers in Australia.

8.00 Caught on Dashcam

7 PM **7.00** **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM **8.00** **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM **9.00** **The Rookie** *Crash Course:* 2/20. Talia forces Nolan to confront his moral instincts after he encounters a kidnapping victim. (S1)

10 PM **10.00** **Irish Blood** *Horseshoe:* 2/6. As Fiona digs deeper she discovers a web of criminal activity involving horse thefts and cons.
11.00 **Law & Order: Criminal Intent**
12.00 M'T **FBI: Most Wanted** (S1)
1.00 AM **The Good Doctor** (S6)
2.00 **Law & Order: Special Victims Unit** New episode
3.00 **Brit Cops: Rapid Response**
4.00 **A1: Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Billions** 1&2/12. (S4)
10.15 **Gomorrah** 6&7/12. (S3)
12.15 PM **The Penguin** 1&2/8. (S1)
2.30 **The Penguin** 3/8. Victor becomes torn between his new life and his old one. **3.35** 4/8. Sofia makes plans for a more hopeful future. **4.40** 5/8. Sofia strives to build a new legacy for herself. **5.45** 6/8. Victor crosses paths with a former adversary. **6.45** 7/8. Sofia makes a shocking discovery. (S1)

10.10 Task

7.45 **The Penguin** *A Great or Little Thing:* 8/8. Truths are laid bare as Oz nears the end of his journey and his power struggle with Sofia comes to a head. (S1)

9.00 **House of the Dragon** 3/8. *Game of Thrones* prequel following the story of House Targaryen. (S3)

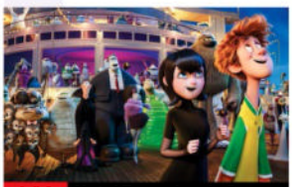
10.10 **Task** *Out Beyond Ideas of Wrongdoing and Rightdoing, There Is a River:* 6/7. The task force, Dark Hearts and Robbie meet in the woods. (S1)
11.25 **Task** 7/7. (S1)
12.35 AM **True Detective: Night Country** 6/6. (S4)
2.00 **House of the Dragon** New episode 4/8. (S3)
3.15 **Billions** 3/12. (S1)
4.15 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Totally Bonkers Guinness World Records**
6.15 **Deal or No Deal**
7.10 **Dress to Impress**
8.15 **Celebrity Dinner Date**
10.20 **Deal or No Deal**
1.25 PM **Celebrity Catchphrase**
2.25 **FILM Rio 2** Animated sequel with the voices of Jesse Eisenberg and Anne Hathaway. (2014, U, 101min) ★★★
4.30 **FILM Hotel Transylvania 3: Summer Vacation** Animated sequel with the voice of Adam Sandler. (2018, U, 97min) ★★


4.30 Hotel Transylvania 3

6.35 **FILM Godzilla** Thriller remake starring Aaron Taylor-Johnson. A giant monster may be the only hope of stopping a race of underground creatures on a global rampage. With Elizabeth Olsen. (2014, 12, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Love Island** New edition Reality show in which singletons seeking a romance compete in the hope of finding love.

10.00 **Love Island: Aftersun** New edition Companion programme to the dating show, featuring the latest gossip from the villa.
11.05 **Family Guy** 26/30. The Griffins' house becomes haunted. (S4)
11.35 **Family Guy** 21/30. (S4)
12.05 AM **American Dad!** (S4)
1.05 **Plebs** 1/8. (S2)
1.35 **Transaction** 5/6. (S1)
2.00 **Piglets** 4/6. (S2)
2.25 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
6.35 **Wycliffe** 7&8/8. (S2)
8.50 **Doc Martin**
9.50 **Lewis** *The Mind Has Mountains.*
11.50 **Agatha Christie's Marple**
2.00 PM **Midsomer Murders** *Second Sight:* A man collapses and dies outside a pub. **4.00** *Hidden Depths:* Barnaby investigates the suicide of a solicitor who was rumoured to be stealing from clients. **6.00** *The Devil's Work:* The death of an ancient estate's patriarch leads to murder.

11.50 Agatha Christie's Marple

Midsomer Murders (started at 6.00pm)

8.00 **Midsomer Murders** *Book of the Dead:* When the author of a book that sparked a nationwide treasure hunt is found dead, Barnaby and Winter try to find the killer among a group of dedicated seekers.

10.00 **Vera** *Protected:* The son of a prominent local family is found murdered on the beach at Whitley Bay, and a second death leaves Vera puzzled.
11.50 **Wycliffe** 4/8. Two widows lay claim to a corpse. (S2)
12.55 AM **Trigger Point** 2/6. Police work to establish a link between the two victims. (S3)
1.55 **George and Mildred**
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Motorsport Mundial**
6.30 **Auto Mundial**
7.00 **Made in Britain**
7.30 **The Big Match Revisited**
8.40 **Ninja Warrior UK**
9.45 **Cadfael**
11.25 **The Return of Sherlock Holmes** Murder mystery.
1.45 PM **Ice Road Truckers**
2.45 **Ice Road Truckers: Deadliest Roads** Documentary.
3.40 **Sharpe** *Sharpe's Revenge:* Ducos frames Sharpe. **5.50** *Sharpe's Justice:* A clash of loyalties troubles Sharpe.

9.00 The World's End

Sharpe (started at 5.50pm)

8.00 **The Debrief with Dan and ROG** Dan Biggar and Ronan O'Gara analyse action from round two of the Nations Championship.

9.00 **FILM The World's End** Sci-fi action comedy starring Simon Pegg and Nick Frost. A pub crawl takes a very bizarre turn for five old friends. With Martin Freeman, Paddy Considine and Eddie Marsan. (2013, 15, 109min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.00 **The Summit Australia** New edition With 13 trekkers left, tensions rise as Kitty struggles to keep pace.
12.45 AM **Lost** 5/24. (S2)
1.30 **Two and a Half Men** (S4)
2.30 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

11.00 AM **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Repair Shop on the Road** Dominic Chinea helps revive an Edwardian pianola at Britannia Panopticon.
8.00 **Island Crossings** A last-minute ferry cancellation jeopardises an order of scallops.
9.00 **Paramedics on Scene** New edition 3/10. An Ayr crew treat a woman who has a burst gastric ulcer.
10.00 **Still Game** 6/6. Jack and Victor receive a surprise visit from beyond the grave. (S1)
10.30 **Scot Squad** 4/5. PC Charlie McIntosh and PC Jane Mackay work undercover. (S3)
11.00 PM **to 12.00** M'T **The Troops** Operation Hedgehog reaches a dramatic conclusion.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Sort Of** 4/8. (S1)
8.25 **Will & Grace** (S5)
11.00 **Breeders** 6-10/10. (S2)
1.30 PM **Community** (S5)
4.00 **Will & Grace** (S1)
6.30 **The Office (US)** 3/25. Michael lands himself in trouble. **7.00** 4/25. Michael tries to give the staff grief counselling after learning about the death of his old boss. **7.30** 5/25. Dwight takes Ryan out on a call. **8.00** 6/25. Michael encourages everyone to celebrate Diwali. **8.25** 7/25. Michael learns the Scranton branch faces closure. (S3)
9.00 **Brett Goldstein: The Second Best Night of Your Life** Stand-up.
10.15 **Chris Ramsey: Live from London** Stand-up.
11.15 **Sarah Silverman: Someone You Love**
12.25 AM **Two Weeks to Live**
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **André Rieu: Shall We Dance?**
9.00 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Love Never Dies**
3.00 **Jean-Michel Jarre Live in Sevilla** A 2025 show.
5.00 **Dire Straits: On the Night** From 1992.
7.00 **NEW Grand Ole Opry: Opry Live** From Nashville, Tennessee.
8.00 **FILM Moulin Rouge** John Huston's biopic. (1952, PG, 120min) ★★★
10.15 **Johnson & Knopfler's Music Legends**
11.15 **John Denver: Rocky Mountain High**
12.30 AM **The Thousand and One Musical Lives of Fleetwood Mac**
1.45 **Rod Stewart: It Had to Be You** A 2002 concert.
3.45 **Led Zeppelin: In the Light** Documentary.
5.00 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 156 11 141 23

6.00 AM **Border Patrol**
7.00 **Nothing to Declare**
9.00 **UK Border Force**
10.00 **Nothing to Declare**
12.00 NOON **Caught on Dashcam** Double bill.
2.00 PM **FILM Sense and Sensibility** Romance with Deborah Ayorinde. (2024, U, 84min) ★★
4.00 **Ocean Parks**
5.00 **Super Shark Highway**
6.00 **Secrets of the Enchanted Waters**
7.00 **Caught on Dashcam**
8.00 **Agatha Raisin** *Love, Lies & Liquor:* 2/4. The sleuth finds herself the prime suspect in a murder case. (S4)
10.00 **Joe Lycett's United States of Birmingham** The comedian's quest continues into the American Midwest.
11.00 **Caught on Dashcam**
1.00 AM **Killer in My Village**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Celebrity Wheel of Fortune** With guests AJ Odudu, Gok Wan and Charlotte Church.
2.00 **Tenable for Soccer Aid**
3.00 **The Chase Celebrity Special** With Cheryl Baker, Laura Tobin, Jason Bell and Mark Steel.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal**
6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
8.00 **Celebrity Wheel of Fortune** With guests Tom Allen, Michelle Visage and Eddie Kadi.
9.00 **The Chase Celebrity Special** With Ortis Deley, Maggie Aderin, Graeme Hall and Sarah Millican.
10.00 **Tipping Point** Triple bill.
12.55 AM **Tenable for Soccer Aid** Game show.
1.50 **Riddiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
2.00 PM **Location, Location, Location** Double bill.
4.00 **A Place in the Sun** Four editions, including at: **7.00** Jasmine Harman helps a couple to find a property in the countryside of Valencia.
8.00 **The Dog House** Doting owners Yvonne and Graham seek a companion for their sausage dog Baxter.
9.00 **Celebrity Gogglebox** A cast of famous faces give their thoughts on recent TV shows.
10.00 **FILM Memory** Thriller starring Liam Neeson. (2022, 15, 114min) ★★★
12.15 AM **FILM Legion** Action thriller with Paul Bettany and Lucas Black. (2010, 15, 100min) ★★★
2.10 **Celebrity Gogglebox**
3.10 **8 Out of 10 Cats Does Countdown**
4.10 **to 5.10** AM **Naked Attraction**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Stargate SG-1** Five episodes of the drama, including at: **3.00** PM 5/22. The team help residents of a biodome. (S7)
4.00 **Stargate Atlantis** 4/20. Ronon is captured by the Wraith. **5.00** 5/20. An advanced civilisation of disgruntled Replicators put Weir and the team in jeopardy. **6.00** 6/20. Weir is told Atlantis and the Stargate exist only in her mind. (S3)

6.00 Stargate Atlantis

7.00 **Stargate Atlantis** *Common Ground:* 7/20. Sheppard is forced to consider forming an alliance with a lone Wraith.
8.00 **Stargate Atlantis** *McKay and Mrs Miller:* 8/20. McKay's sister agrees to help the team on a top-secret project. (S3)
9.00 **From** *Of Myths and Monsters:* 4/10. An ominous discovery puts Boyd and his trusted circle on high alert.
10.00 **From** *What a Long Strange Trip It's Been:* 5/10. Boyd and Jade set off on a desperate search for answers. (S4)
11.00 **Grimm** 1/22. Nick attempts to come to terms with fathering a child with Adalind. **12.00** M'T 2/22. Nick makes some major changes to keep his child and Adalind safe. **1.00** AM 3/22. Nick and Hank search for Rosalee. (S5)
2.00 **The Walking Dead** (S6)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S15)
10.00 **Return to Paradise** (S1)
12.00 NOON **Father Brown** Six episodes, including at: **5.00** PM *The Tower of Lost Souls:* Father Brown joins forces with Chief Inspector Valentine to uncover a dark secret at Helmsley House.
6.00 **Death in Paradise** 8/8. A backpacker is found dead with a gun in her hand, with all evidence pointing toward suicide – although Humphrey believes otherwise. (S5)

9.00 Beyond Paradise

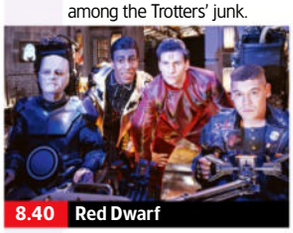
7.00 **Allegiance** *Shine a Light:* 6/10. Sabrina and Zak investigate a violent home invasion that left a woman fighting for her life. (S2)
8.00 **Father Brown** *The Serpent Within:* Chief Inspector Sullivan is arrested for receiving stolen goods.
9.00 **Beyond Paradise** 1/6. A murder mystery rehearsal becomes all too real when the victim gets a knife in his back. (S2)
10.00 **Father Brown** *The Eagle and the Daw:* An old foe tells the priest that she has arranged the death of her former lover.
11.00 **CSI: Vegas** 1/10. An attack on Jim Brass kicks off a twisted conspiracy targeting the Las Vegas crime lab. **12.00** M'T 2/10. A couple are killed on their wedding day. (S1)
1.00 AM **Murdoch Mysteries** (S15)
2.55 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Only Fools and Horses**
1.40 PM **Only Fools and Horses** Christmas special from 1993. Del Boy visits the dentist. **3.30** Christmas special from 1987. Del Boy sets out to find his mother's treasure trove. **4.50** Christmas special from 1988. Del-Boy embarks on a new romance with Raquel, an actor he meets through a computer dating agency. **6.40** The final part of the Christmas 1996 trilogy. Raquel's father finds an old watch among the Trotters' junk.


8.40 Red Dwarf

Only Fools and Horses (started at 6.40pm)
8.00 **Dad's Army** Mainwaring discovers the extent of Jones's cash-flow crisis.
8.40 **Red Dwarf** Rimmer is taken prisoner by the creations of his own mind. **9.20** Rimmer forces the crew into quarantine for 12 weeks after they are exposed to a deadly virus.
10.00 **Red Dwarf** The crew see their evil 'doppelgängers'. **10.35** The crew find out that their time on *Red Dwarf* was only a game.
11.10 **Bottom** Richie and Eddie prepare to go on holiday.
11.50 **Bottom 2001: A*** Oddity Live** Stage show based on the anarchic comedy series.
1.50 AM **Bottom**
2.25 **The Power of Parker**
2.55 **to 4.00** AM **Hi-de-Hi!**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **James May's Cars of the People** The social significance of cars in the 20th century.
8.00 **Storage Hunters UK**
9.00 **Guy Martin: Proper Jobs**
11.00 **Motorhoming with Merton & Webster** Double bill.
1.00 PM **Mortimer & Whitehouse: Gone Fishing** Six editions.
5.00 **Would I Lie to You?** Triple bill of editions, including at: **6.20** Rob Brydon hosts, with guest panellists Davina McCall, Dave Gorman, Janet Street-Porter and Omid Djalili.

11.00 Motorhoming with Merton

7.00 **Border Force: America's Gatekeepers** New edition Officers discover 11 kg of meth concealed in a spare tyre.
8.00 **Special Ops: Crime Squad UK** A people-trafficking group and exploitative romance fraudsters are tackled.
9.00 **Have I Got a Bit More News for You** Gary Neville hosts the satirical quiz, with Maisie Adam and Richard Madeley.
10.00 **QI** With guests Jeremy Clarkson, Vic Reeves and Clive Anderson.
10.40 **Mock the Week** With Romesh Ranganathan.
11.20 **Mock the Week** With Seann Walsh and Milton Jones.
12.00 M'T **Live at the Apollo** Gina Yashere introduces sets by Ed Gamble and Lost Voice Guy.
2.00 AM **QI XL** With Tom Allen.
3.00 **to 4.00** AM **Have I Got a Bit More 2022 News for You**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.10 AM **The Bill**
12.00 NOON **Call the Midwife**
2.40 PM **Catherine Cookson's The Gambling Man** Drama set in 19th-century South Shields, starring Robson Green as a card player who risks more than money as the stakes get higher. With Bernard Hill.
6.00 **Home Fires** 2/6. Laura is publicly disgraced when news of the Bowers' divorce hits the papers, and Pat is tempted by her feelings for Marek while Bob is in hospital. (S2)

8.00 Sister Boniface Mysteries

7.00 **Hetty Wainthropp Investigates** *Runaways:* 3/6. Mayor Makepeace hires Hetty to track down his runaway daughter. (S2)
8.00 **Sister Boniface Mysteries** *Stiff Competition:* 7/12. A death occurs at the local talent show. (S2)
9.00 **Silent Witness** *To Brighton, to Brighton:* The team are called in when body parts covered in intricate tattoos are found on a Brighton waste dump. Meanwhile, Nikki has news she desperately wants to share with Matt.
11.15 **New Tricks** *The Fame Game:* The team investigate a lookalike agency whose top two acts were found dead in an apparent double suicide.
12.20 AM **Call the Midwife**
1.40 **2point4 Children**
3.00 **to 4.00** AM **Harry Wild**

+1 hour 243 316 60 260

Sunday

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Cops** Double bill.
9.40 **Blue Bloods** (S4)
12.35 PM **Columbo** Triple bill.
6.25 **Columbo** *Agenda for Murder:* A crooked lawyer murders a blackmailer and makes it look like suicide. **8.25** *The Greenhouse Jungle:* A plant collector fakes his nephew's kidnapping to get his hands on a trust fund.
10.00 **Law & Order: Special Victims Unit** *Spiralling Down:* 10/23. Detectives encounter an abused teenager. **11.00** *Theatre Tricks:* 11/23. An actor is raped during a show. (S13) **11.55** *Bang:* 22/24. A baby is abandoned outside a gym. (S12) **12.50** AM *Redemption:* 6/23. Stabler investigates a serial killer. (S3)
1.50 **Bull** 3&4/16. (S5)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S8)
10.00 **Dogs Behaving (Very) Badly** Triple bill.
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Four editions, including at: **8.00** A runaway driver escapes the car while still on the move.
9.00 **Trauma Room One** A man undergoes a hi-tech operation to remove a tumour on his spinal cord.
10.00 **Ambulance: Code Red** A man has collapsed and broken his ankle. **11.00** A retired lecturer suffers a cardiac arrest at a service station.
12.00 M'T **A&E After Dark**
1.00 AM **Text Me When You Get Home**
1.55 **Skin A&E** Documentary.
2.45 **GPs: Behind Closed Doors** Medical series.
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.05 **Trucking Hell**
11.05 **Outback Truckers**
1.00 PM **Outback Truckers** Driver Steve Grahame discovers his vehicle has taken a battering. **2.00** Turbo embarks on a journey through an area affected by fires. **3.00** Turbo risks his life by taking a route through tough terrain.
4.00 FILM **Chisum** Western starring John Wayne. (1970, PG, 110min) ★★
6.20 FILM **The Cowboys** Western starring John Wayne and Bruce Dern. (1971, 12, 128min) ★★★
9.00 **The Vanishing of Flight MH370: 10 Years On** The disappearance of the Malaysia Airlines flight from March 2014.
11.00 **Shoplifters: Caught Red Handed** Four editions.
2.55 AM **Outback Truckers**
3.55 **to 4.00** AM **Entertainment News**

+1 hour 232/233 325

U&W

132/133 131/133 125 25 156 28

6.15 AM **My Family**
10.00 **Tipping Point**
1.00 PM **The Supervet**
6.00 **Inside the Ambulance**
8.00 **Inside the Operating Theatre** A 96-year-old woman has a growth removed from her toe. **9.00** A man has a camera put inside his lungs to find out if he has cancer.
10.00 **The Catherine Tate Show** Triple bill of the comedy sketch show.
11.50 **Stacey Dooley Sleeps Over USA** Stacey travels to Virginia to meet a unique family.
12.50 AM **Amanda & Alan's Italian Job** Amanda Holden and Alan Carr set about renovating the bathrooms.
1.35 **Who Killed Jenni Rivera?** Documentary.
2.25 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Great American Railroad Journeys**
11.00 **Canal Boat Diaries**
12.00 NOON **The Green Planet** Double bill.
2.00 PM **Asia** Triple bill.
6.00 **Frozen Planet**
7.00 **Attenborough's Birds of Paradise** The science behind the beauty of birds of paradise.
8.00 **Bangers & Cash** Paul and Charlie collect a Daimler Sovereign. **9.00** Derek meets a kindred spirit who is parting with his TR7. **10.00** The Morris 1000 finds a new home with a 10-year-old superfan.
11.05 **Some Mothers Do 'Ave 'Em** Triple bill.
1.15 AM **Bangers & Cash**
2.10 **to 3.00** AM **Robson Green's Weekend Escapes**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Brighton.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **Derelict Rescue**
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **Escape to the Country** Double bill.
5.00 **A Place in the Sun**
9.00 **Long Lost Family** Davina McCall and Nicky Campbell help two people searching for their birth mothers.
10.00 **Rich House, Poor House** Property investor Ayo and his friend Patrick swap homes with single mother Jodie and her two-year-old son, who live on £53 a week.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **My Lottery Dream Home**

+1 hour 242 365

Great! TV

157 167 170 34 32

8.10 AM **A Fine Romance**
8.40 **The Waltons** (S3)
1.40 PM **The Waltons** (S3)
6.40 **FILM Dante's Peak** Disaster movie starring Pierce Brosnan and Linda Hamilton. A scientist tries to convince the inhabitants of a small town that a long dormant volcano is about to erupt. (1997, 12, 108min) ★★★
9.00 **The Ruth Rendell Mysteries** *Secret House of Death – Part One:* A secret liaison ends in death. Stars Amanda Redman and Owen Teale.
11.10 **M*A*S*H** 10/25. Radar decides to get a tattoo. **11.40** 11/25. Colonel Potter holds a mock Olympics. (S6)
12.10 AM **M*A*S*H** (S6)
1.10 **Rising Damp** (S3)
2.20 **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.00 AM **Wanted: Dead or Alive** Double bill.
10.00 **FILM Hellgate** Western. (1952, b/w, PG) ★★
11.55 **FILM They Came to Cordura** Western. (1959, PG, 123min) ★★★
2.30 PM **FILM Force 10 from Navarone** Adventure sequel with Robert Shaw. (1978, 12, 118min) ★★
5.00 **FILM Eye for an Eye** Mystery thriller. (2019, 15, 98min) ★
7.00 **FILM The Cold Light of Day** Action thriller. (2012, 12, 89min) ★★
9.00 **FILM Predators** Sci-fi action thriller sequel. (2010, 15, 102min) ★★★
11.20 **FILM Assault on Station 33** Thriller. (2021, 15, 90min) ★★
1.20 AM **Dragon Ball Super**
2.20 **Coast Guard Alaska**
3.15 **FILM Firequake** Drama. (2014, 12, 90min) ★
4.40 **to 5.50** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 **Hailey Dean Mysteries**
11.00 **Murder, She Wrote** Six episodes of the mystery.
5.00 PM **Starsky & Hutch**
6.00 **Murder, She Wrote**
9.00 **FILM Haunted Harmony Mysteries: Buried At C** Thriller with Tamera Mowry-Housley and Risteárd Cooper. (2025, U, 84min) ★★
10.55 **FILM Garage Sale Mysteries: Murder Most Medieval** Drama starring Lori Loughlin and Sarah Strange. (2017, PG, 90min) ★★
12.50 AM **FILM Killer in Law** Thriller starring Kelly Sullivan and Nana Visitor. (2019, PG, 90min) ★★
2.30 **FILM Saving My Daughter** Thriller starring Alicia Leigh Willis. (2021, PG, 89min) ★★
4.00 **to 5.00** AM **Diagnosis Murder**

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM **FILM My Best Friend's Bouquet** Drama. (2020, U, 84min) ★★
10.05 **FILM The Engagement Plot** Romantic comedy. (2022, PG, 87min) ★★
12.00 NOON **FILM Love in Bloom** Comedy drama. (2022, U, 87min) ★★
1.55 PM **FILM The Wedding Cottage** Comedy. (2023, PG, 84min) ★★
3.45 **FILM Dream Wedding** Drama. (2023, U) ★★
5.40 **FILM Wedding Do Over** Drama. (2018, PG) ★★
7.35 **FILM The Professional Bridesmaid** Drama. (2023, PG, 85min) ★★
9.30 **FILM Team Bride** Drama starring Rhiannon Fish. (2023, U, 91min) ★★
11.40 **FILM Stop the Wedding** Romantic drama. (2016, U, 105min) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Love in Bloom** As 12.00noon.

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
1.00 PM **Musketeer**
1.15 **FILM Biggles: Adventure in Time** Time-travel adventure. (1986, PG, 108min) ★
3.15 **FILM Rogue Male** Thriller starring Peter O'Toole. (1976, 15, 105min) ★★
5.30 **FILM Heartbreakers** Black comedy starring Sigourney Weaver. (2001, 15, 123min) ★★
8.00 **FILM The Island of Dr Moreau** Horror fantasy starring Burt Lancaster. (1977, 15, 95min) ★★★
10.00 **FILM Sex with the Stars** Erotic comedy. (1980, 18, 90min) ★
12.00 M'T **FILM Groupie Girl** Drama with Esme Johns. (1970, 18, 87min) ★★
2.00 AM **FILM Bang Bang You're Dead** Drama. (2001, 15) ★★★★
4.00 **to 5.00** AM **Alan Cumming's Edge of Scotland**

Rewind TV

182 81 164 141

6.00 AM **Space 1999** (S2)
7.00 **The Dustbinmen** (S3)
7.30 **Frankie's On** 1/4. (S1)
8.00 **Doctor at Large**
9.00 **Bubblegum & Cheese**
10.00 **Two's Company** (S4)
11.00 **Mother's Ruin** (S1)
11.30 **The Fenn Street Gang**
1.00 PM **Second Thoughts**
2.00 **Mother's Ruin** (S1)
2.30 **The Scarlet and the Black** Wartime drama.
4.05 **The Dustbinmen** (S3)
4.35 **Frankie's On**
5.05 **Two's Company** (S4)
6.05 **Mother's Ruin** 1/6. (S1)
6.35 **Doctor at Large** (S1)
7.35 **The Fenn Street Gang**
9.05 **Space 1999** 2/24. (S2)
10.05 **FILM A Clock Work Blue** (1972, 18) ★★
11.50 **FILM Sasquatch** Horror. (1976, U, 95min) ★★
1.35 AM **Stereo Underground**
2.35 **The Scarlet and the...**
4.05 **Bubblegum & Cheese**
5.00 **to 6.00** AM **Stereo Underground**

DMAX

159 151 169 39 147 35

6.00 AM **Baggage Battles**
10.00 **Chasing Classic Cars**
2.00 PM **Kindig Customs**
5.00 **Wheeler Dealers**
7.00 **Expedition Bigfoot** The team make a shocking sighting, only to see the lead slip through their fingers. **8.00** A howl stops the team in their tracks.
9.00 **The Strangest UFO Stories of All Time** The truth about the crash outside Roswell in 1947. **10.00** Reports of aliens visiting unsuspecting sleepers at night.
11.00 **Expedition X** In Mexico, Phil and Jess investigate mysterious flying objects. **12.00** M'T Jess hunts for the Yacumama. **1.00** AM The team probe reports of a sea monster.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food**
10.30 **Man v Food Nation**
1.00 PM **James Martin's Spanish Adventure**
3.00 **The Great British Bake Off** The bakers take on three challenges inspired by Germany. **4.30** The amateurs make choux doughnuts and a flavour-packed pie. **6.00** The bakers put their own twist on a classic caramel tart. **7.30** The remaining bakers explore alternative ingredients.
9.00 **Adam Richman Eats Football** Four editions.
11.00 **Michel Roux's French Country Cooking** Michel visits a vineyard.
12.00 M'T **James Martin's Spanish Adventure**
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM **Babylon 5**
12.00 NOON **FILM The Hunters** War drama. (1958, PG, 108min) ★★
2.20 PM **FILM The Flight of the Phoenix** Action adventure. (1965, PG, 142min) ★★★★
5.05 **FILM Zulu** Historical action adventure starring Michael Caine. (1963, PG, 138min) ★★★★★
8.00 **The Twilight Zone** (S3)
9.00 **FILM Mechanic: Resurrection** Thriller sequel starring Jessica Alba and Jason Statham. (2016, 15, 98min) ★★
11.05 **FILM U Turn** Oliver Stone's comic thriller starring Sean Penn. (1997, 18, 119min) ★★★
1.35 AM **FILM The Family** Crime thriller starring Charles Bronson. (1970, 18, 108min) ★★
3.30 **to 5.15** AM **FILM Beware My Brethren** Thriller. (1972, 15, 98min) ★★

Legend Xtra

316 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **The A-Team** (S2)
3.00 PM **FILM The Fabulous Journey to the Centre of the Earth** Fantasy. (1978, PG, 87min) ★★
5.00 **FILM Mammoth** Sci-fi action thriller. (2006, 12, 90min) ★★★
7.00 **FILM Night of the Big Heat** Sci-fi horror chiller starring Christopher Lee. (1967, 18, 94min) ★
9.00 **FILM Renegades** Action adventure starring JK Simmons. (2017, 15, 106min) ★★
11.10 **FILM Seal Team VI: Journey into Darkness** Fact-based drama starring Ken Gamble. (2008, 18, 99min) ★★
1.10 AM **FILM Renegades**
3.15 **FILM Flight World War II** Sci-fi action thriller. (2015, 12, 85min) ★★
5.00 **to 6.00** AM **The Twilight Zone**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Hardcore Pawn: Behind the Deal**
8.20 **Outback Wreckers**
9.15 **Pawn Stars**
11.10 **Container Wars**
1.05 PM **Junk & Disorderly: Henry's Wreck-trospective** Triple bill.
4.05 **Storage Wars**
7.00 **History's Greatest Mysteries** A 1990 heist from the Gardner Museum in Boston. **8.00** Theories behind the possible location of the Ark of the Covenant.
9.00 **Mysteries Unearthed with Danny Trejo** Mysterious secrets lost deep inside various unseen chambers.
10.00 **Cursed Histories** The story of a diamond with a sinister past.
11.00 **What on Earth?**
1.00 AM **Strange Evidence**
3.00 **Discovered by Disaster**
4.00 **to 6.00** AM **Walking Through History**

5SELECT

153 166 138 46 133 30

9.00 AM **Cruising with Jane McDonald** From India.
9.20 **Walking Wartime Britain** From Devon.
9.50 **The Secret Life of Trees**
11.50 **All Creatures Great and Small** (S2&3)
5.00 PM **The Madame Blanc Mysteries** (S3)
7.00 **Brand Meghan: Is She Worth It?** A look at the Duchess of Sussex's As Ever product line.
8.00 **Philip & the Queen: A Royal Fairytale** The relationship of Elizabeth II and Prince Philip.
9.30 **Queen Victoria & the Groomsman: The Scandal That Nearly Brought Down the Empire** The relationship between the widowed queen and her personal attendant John Brown.
11.00 **Taggart** *Berserker.*
1.45 AM **Prisoner: Cell Block H** Double bill.
3.45 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Family Fortunes**
11.00 **Blockbusters**
12.00 NOON **Celebrity Catchphrase**
1.00 PM **Tenable**
2.00 **Bridge of Lies**
3.00 **The Chase** Double bill.
5.00 **The Chase Celebrity Special** Double bill.
7.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
9.00 **The Chase Celebrity Special** With Sarah Willingham, Shaun Ryder, Eddie Edwards and Michelle Dewberry.
10.00 **The Chase** Quiz show hosted by Bradley Walsh.
11.00 **Bullseye** Six editions of the darts-based quiz.
2.00 AM **The Chase**
4.00 **The Chase Celebrity Special** With Jeff Banks, Michelle Ackerley, Andy Crane and Brian Conley.
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
10.00 **The Big Bang Theory**
7.00 PM **The Big Bang Theory** 13/24. Penny thinks that Leonard is taking her for granted. **7.30** 14/24. Sheldon learns of a machine that will help him understand human emotions. (S10)
8.00 **Georgie and Mandy's First Marriage** 5/22. Mandy struggles to get the Coopers over for Thanksgiving. **8.30** 6/22. Georgie joins a church to sell tyres to the congregation. (S1)
9.00 **Unacceptable** New edition With guests Guz Khan, Maisie Adam and Chris McCausland.
10.00 **Unacceptable**
12.00 M'T **Zero Stars**
1.00 AM **Young Sheldon**
3.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Friends** (S3&4)
1.00 PM **Friends** (S2,3&4)
7.00 **Mr Bean** Six episodes of the comedy, including at: **8.30** The bungling buffoon gives his hotel room a makeover. **9.00** The hapless hero bags himself a bargain. **9.30** Bean visits the fair.
10.00 **Alan Carr: Yap, Yap, Yap!** Stand-up show.
11.00 **8 Out of 10 Cats Uncut**
12.40 AM **Kevin Bridges: The Brand New Tour**
1.40 **Fin Taylor: Comedy Central Live** Stand-up.
2.10 **Iain Stirling: Comedy Central Live** Stand-up.
2.40 **Amy Schumer: Comedy Central Live**
3.10 **Rosie Jones Tries to Help** With Ivo Graham.
3.20 **Utopia** 7/8. (S5)
3.50 **Teachers** 19/20. (S3)
4.15 **to 5.00** AM **Stupid Central**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S9)
6.50 **Modern Horror Stories**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
11.00 **Criminally Funny**
7.00 PM **Friends** 4/24. Joey agrees to help the building's caretaker. **7.30** 5/24. Chandler falls for Joey's new girlfriend. **8.00** 6/24. Ross's love life begins to improve. **8.30** 7/24. Chandler tries to prevent Joey from finding out the truth. (S4) **9.00** 21/24. Ross's pet monkey hits puberty. **9.30** 22/24. Monica dates a high-school senior. (S1)
10.00 **Friends** (S1&2)
2.00 AM **New Girl** (S6)
3.00 **The Daily Show**
4.05 **South Park** 3/14. (S16)
4.30 **Beavis and Butt-Head**
4.50 **Mike Judge's Beavis and Butt-Head** (S3)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **FILM Rising Damp** Comedy spin-off starring Leonard Rossiter. (1980, PG, 96min) ★★
10.00 **Mr Bean** 2/14. (S1)
11.05 **Birds of a Feather**
12.55 PM **Man About the House** 5-7/7. (S1)
2.25 **Steptoe and Son** (S5)
4.55 **Going Straight** (S1)
6.50 **Ronnie Barker: The Very Best Of**
7.55 **Minder** 8/13. (S9)
9.00 **Benidorm** 2/7. (S5)
10.00 **Shameless** 3/8. Frank is scared to tell Sheila about his encounter with Monica. (S4)
11.00 **Man About the House**
11.30 **Mind Your Language**
12.05 AM **Benidorm** 2/7. (S5)
1.05 **Minder** 4/13. (S3)
2.05 **Duty Free** 4/7. (S1)
2.30 **Man About the House**
2.55 **Kenny Everett Video Cassette**
3.20 **That's 60s**
4.00 **to 5.00** AM **Nearest and Dearest**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Dallas Cowboys Cheerleaders**
10.30 **Catfish: The TV Show**
12.30 PM **Judge Judy**
6.00 **Beauty and the Geek Australia** Competitors attend a dog show. **7.30** The Beauties and Geeks team up for battle in the medieval arena. **8.30** The Beauties and Geeks are tasked with swapping lives for a day.
9.30 **Judge Judy**
10.00 **Tattoo Fixers** A man whose Kurt Cobain portrait looks like Jesus. **11.00** A football tattoo creates a challenge.
12.00 M'T **Ink Master**
1.00 AM **Jersey Shore Family Vacation**
2.00 **Ghosted: Love Gone Missing** Reality series.
2.45 **All Star Shore**
3.35 **to 4.00** AM **Just Tattoo of Us USA**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Wheeler Dealers World Tour** Five editions.
11.00 **Wheeler Dealers**
12.00 NOON **Building Off the Grid**
2.00 PM **Alaska: Homestead Rescue** Matt finds a humane approach to deal with the threat of a mysterious predator. **3.00** The Raneys overhaul a faulty electrical system. **4.00** The Raneys visit the home of a single mother. **5.00** Marty saves a log cabin from crumbling to the ground. **6.00** The Raneys receive a dangerous request in Missouri.

7.00 Alaska: Homestead Rescue

7.00 Alaska: Homestead Rescue New edition The Raneys race to save a young couple whose 80-year-old adobe homestead is being smothered by trees.

9.00 Barnwood Builders A family call on the team to save their 1800s West Virginia cabin before it is bulldozed by developers.

10.00 Deadliest Catch Clark attempts a repair atop Sig's crane in 20ft seas, while the *Cornelia Marie* crew battle a fire.

11.00 **Mighty Truckers** Trucker Massimo reflects on his former job as a go-go dancer.
12.00 M'T **Kindig Customs** Dave restores a 1964 Cadillac. **1.00** AM A C-10 truck. **2.00** A Mercedes Gullwing.
3.00 **to 5.00** AM **American Chopper**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat given as a birthday present proves to be a bad omen. **4.00** A couple try to temper their vicious cat.
5.00 **Treehouse Masters** A double-decker hideout.
6.00 **Bad Dog!** Featuring a balloon-popping bulldog who thinks everything belongs to her.

8.00 Treetop Cat Rescue

7.00 How Do Animals Do That? How hummingbirds can fly backwards. **7.30** What a dog is saying when it wags its tail.

8.00 Treetop Cat Rescue Shaun heads out on a solo night mission. **8.30** Tom tries to reunite a feline with its companion.

9.00 Alaskan Bush People: Book of Noah An in-depth interview with Noah Brown, the clan's very own 'Mr Fix-It'.

10.00 Tanked A California restaurant is looking for a tank with a nostalgic feel for their new location in Santa Monica.

11.00 **Alaska: The Last Frontier** Otto and Charlotte defend against the homestead's first predator attacks.
12.00 M'T **River of No Return**
1.00 AM **Saved by the Barn**
2.00 **The Haunted**
3.00 **Little Giants**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **To Catch a Smuggler**
10.00 **Air Crash Investigation**
12.00 NOON **Ancient Structures: Secrets Revealed**
1.00 PM **Lost Treasures of Egypt**
3.00 **Kingdom of the Mummies** Examining a 12-tonne sarcophagus with a broken seal. **4.00** The team discover two priests buried side by side.
5.00 **Air Crash Investigation** The case of a plane that crashed into Taipei's Keelung River. **6.00** The crash of Turkish Airlines Flight 1951 in 2009.

7.00 Hidden Beneath the Cities

7.00 Hidden Beneath the Cities New edition In Italy, explorers uncover a tunnel system revealing a vast subterranean world.

8.00 Draining the Bermuda Triangle An exploration of the area of ocean, joining expeditions to dive for lost vessels.

9.00 Atlas of Cursed Places Adventurer Sam Sheridan travels the globe in search of the most cursed places on Earth.

10.00 Dark Secrets of the Lusitania Exploring four theories surrounding the ship's sinking off the coast of Ireland in 1915.

11.00 **Decoding History's Prophecies** A mysterious winged creature is spotted.
12.00 M'T **Seconds from Disaster** Investigating the 2002 terrorist bombings in Bali.
1.00 AM **Car S.O.S** Reviving a rotting Land Rover Discovery Series 1. **2.00** Tim and Fuzz attempt to restore a BMW M3 E46.
3.00 **to 5.00** AM **Megafactories**

Sky History

123/124 115/116 131 353 368

6.00 AM **What on Earth?**
8.00 **Storage Wars** Triple bill.
11.00 **Storage Hunters**
1.00 PM **Pawn Stars** Triple bill of the series, including at: **3.00** Appraising a Salvador Dalí lithograph featuring the work of Pablo Picasso.
4.00 **History's Deadliest with Ving Rhames** Exploring history's most astonishing killers. **5.00** A look at history's deadliest explosions. **6.00** A look at some of history's deadliest islands.

7.00 The Last Burma Star

7.00 The Last Burma Star An urgent mission to honour the last surviving veterans of World War Two's Burma Campaign.

8.00 Hitler's British Island How the Channel Island of Alderney became a pre-occupation of Nazi leader Adolf Hitler.

9.00 Hitler's British Island How, on the orders of Hitler, more than 5,000 slave labourers were shipped to Alderney.

10.00 World War II with Tom Hanks In Operation Overlord, the Allies mount an invasion of occupied France.

11.00 **World War II with Tom Hanks** Conflict in the jungles and plains of Asia, with America struggling to bring the fight to Tokyo's door.
12.00 M'T **Mysteries Unearthed with Danny Trejo** Unearthing hidden bones and a lost tomb.
1.00 AM **Storage Hunters**
3.00 **Pawn Stars** Double bill.
5.00 **to 6.00** AM **What on Earth?**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Discovering: Diane Keaton**
7.00 **Discovering: Morgan Freeman**
8.00 **The Directors**
10.00 FILM **Man on Wire** Oscar-winning documentary. (2007, 12, 93min) ★★★★
12.00 NOON **I Am Joe Frazier**
1.45 PM **JFK Revisited: Through the Looking Glass** Oliver Stone's documentary.
4.00 **Chernobyl: The Lost Tapes**
6.00 **Rik Mayall: Magnificent B'stard** A documentary tribute to the influential and much-missed actor and comedian.

6.00 Rik Mayall: Magnificent...

Rik Mayall: Magnificent B'stard (started at 6.00pm)

8.00 Katie Price: Nothing to Hide 1/4. A profile of one of Britain's most enduring celebrity figures.

9.10 Tina A celebration of Tina Turner's life and career, featuring contributions from the Grammy Award-winning artist, as well as Angela Bassett and Oprah Winfrey.

11.20 **Vegas: The Story of Sin City** 3/4. A look at how Las Vegas became farther removed from national attitudes. **12.20** AM 4/4. The city's continual reinvention.
1.20 **Steve McQueen: The Lost Movie** Documentary.
3.10 **Red Elvis: The Cold War Cowboy** Documentary.
5.00 **to 6.00** AM **The Directors**

Sunday

7 PM 8 PM 9 PM 10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Combat Dealers**
8.00 **Money for Nothing**
9.00 **Celebrity Yorkshire Auction House**
11.00 **The Yorkshire Auction House** Double bill.
1.00 PM **The Repair Shop**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Angus Ashworth: Yorkshire Heritage Hero** Angus spends a weekend at a stately home that boasts a basement nightclub.
8.00 **The Repair Shop** The team take on an art deco clock and a 3D photograph viewer. **9.00** Experts restore a ceremonial coat.
10.00 **The Repair Shop**
1.00 AM **Ant Anstead Master Mechanic**
3.00 **Wheeler Dealers World Tour**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress: UK** Double bill.
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Forensic Detectives**
11.00 **Faking It: Tears of a Crime** Harold Shipman.
12.00 NOON **FBI Files**
3.00 PM **Crimes Gone Viral**
7.00 **Murder on CCTV** The disappearance of 24-year-old Ryan Lane. **8.00** The disappearance of an 11-year-old girl.
9.00 **A Killer's Mistake** A gambling addict will do anything to feed her habit – even murder.
10.00 **The Killer in My Family** Relatives of John Orr reveal how his crimes impacted the family.
11.00 **Lethally Blonde**
12.00 M'T **Faking It: Tears of a Crime** Emile Cilliers.
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **UK Crime Files: The Lonely Killer** The story of Dennis Nilsen.
8.00 **UK Crime Files: The Body in the Suitcase** A look at the case of Nathan Matthews, who murdered his stepsister.
9.00 **UK Crime Files: The Murder of an Author** Explores the case of author Helen Bailey.
10.00 **UK Crime Files: The Twilight Killers**
11.00 **UK Crime Files: Murder Without Motive**
12.00 M'T **UK Crime Files: Murderous Marriage**
1.00 AM **Britain's Countryside Killers**
2.00 **Killers: Caught on Camera** Documentary.
3.00 **When Death Comes Knocking** Documentary.
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
12.00 NOON **Secrets of a Murder Detective**
2.00 PM **UK Crime Files: Murder in the Family** The case of actor Gemma McCluskie.
3.00 **UK Crime Files: Killer on the Run** The case of Terry Clifton, who murdered two men.
4.00 **UK Crime Files: World's End Murders** Exploring the story of two teens who vanished after leaving a pub in 1977.
5.00 **UK Crime Files: Getting Away with Murder** Revisiting the story of the Newall brothers.
6.00 **UK Crime Files: Eastbourne's Dr Death** The case of Eastbourne GP John Bodkin Adams.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **Britain's Longest Road**
8.00 **Road Wars**
9.00 **Caught on Dashcam**
11.00 **Caught Red Handed**
2.00 PM **Forensics: Catching the Killer** Double bill.
4.00 **The Real Manhunter**
5.00 **Killing Mum and Dad**
6.00 **Killer in My Village**
7.00 **Forensics: Catching the Killer** Double bill.
9.00 **Terror on Long Island** Series finale 3/3.
10.00 **Forensics: Catching the Killer** Documentary.
11.00 **Killer in My Village**
12.00 M'T **What the Killer Did Next** Nadine Aubras.
1.00 AM **World's Most Evil Killers** Charles Albright.
2.00 **Britain's Most Evil Killers**
3.00 **The Real Manhunter**
4.00 **Brit Cops: Rapid Response** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Immortal Egypt with Joann Fletcher**
1.00 PM **WWII in Colour: Road to Victory** Five editions, including at: **3.15** Hitler's Nazi empire is in ruins, but there's still one city to take – Berlin. **4.20** The US reluctantly prepare to invade Japan. **5.30** Two years after Pearl Harbour, America's war machine now has Japan on the back foot.
6.35 **Immortal Egypt with Joann Fletcher** Exploring the story of the ancient civilisation. **7.55** The civil war that fractured Egypt in the wake of the Pyramid Age. **9.10** The peak of ancient Egyptian civilisation. **10.30** How Egypt's enemies exploited its internal strife.
12.00 M'T **Sicily: The Conquered Isle**
1.20 **to 2.00** AM **Weathered: Earth's Extremes**

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Extraordinary Animals**
8.00 **My Best Friend's an Animal**
10.00 **Super Shark Highway**
12.00 NOON **Volcanic Odysseys**
1.00 PM **Extreme Africa**
3.00 **Deep in the Heart**
4.00 **Attenborough and the Giant Elephant** Documentary.
5.00 **Superbeast** New edition Featuring a celebration of nature's ultimate athletes.
6.00 **Wild Science** New edition The caiman's journey from the age of dinosaurs to the modern day
7.00 **David Attenborough's Global Adventure** The greatest filming sequences of David Attenborough's career. **8.00** The broadcaster's global wildlife adventures. **9.00** The broadcaster explores the rise of life on Earth.
10.00 **Superbeast** As 5.00pm.
11.00 **Wild Science** As 6.00pm.
12.00 M'T **Wild Survivors**
3.00 AM **Undiscovered Vistas**
5.00 **to 6.00** AM **Nature's Dress Code: Who Wears What and Why?**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Digging for Britain**
9.00 **Digging for Britain: WWII Special** Documentary.
10.00 **Digging for Britain**
11.00 **Kevin Costner's The West**
1.00 PM **Britain's Lost Battlefields with Rob Bell** The story behind the Battle of Hastings in 1066.
2.00 **Ancient Aliens**
4.00 **Digging for Britain**
6.00 **Battle 360** Documentary.
7.00 **Bone Detectives: Britain's Buried Secrets** The remains of a young woman are found during routine roadworks.
8.00 **Crimes That Shook Britain** The 1987 Hungerford massacre, in which 16 were shot and killed. **9.00** A look at the crimes of serial killer Harold Shipman. **10.00** The abduction of Stephanie Slater in 1992.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Battle 360**
2.00 **Secret Wars Uncovered**
3.00 **Combat Ships**
4.00 **Crimes That Shook Britain**
4.55 **to 6.00** AM **The Black West**

Discovery Science

167 148 179

8.00 AM **Secrets Underground**
10.00 **How It's Made**
12.00 NOON **How It's Made: Dream Cars** Four editions.
2.00 PM **Incredible Engineering Blunders: Fixed** Double bill.
4.00 **Truth Behind the Moon Landing** Double bill.
6.00 **How It's Made** A look into how Formula F race cars are made. **6.30** How objects including vacuum excavators are made. **7.00** An insight into how electric boats are made. **7.30** The technology behind the making of Grammy Awards.
8.00 **Mysteries of the Deep** Jeremy Wade explores a theory that could explain what happens in the infamous Bermuda Triangle. **9.00** The loss of a NASA space capsule deep in the Atlantic.
10.00 **The Dino Hunters**
12.00 M'T **How the Universe Works**
2.00 AM **NASA's Unexplained Files**
4.00 **to 6.00** AM **How It's Made: Dream Cars**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **Killer Britain with Dermot Murnaghan** Double bill.
8.00 **Cops Gone Bad with Will Mellor** James Riley's crimes.
9.00 **Cops Who Kill with Will Mellor**
10.00 **Murdertown** Double bill.
12.00 NOON **999: Killer on the Line**
2.00 PM **Crimes That Shook Britain**
4.00 **Interview with a Killer**
7.00 **Alaska State Troopers**
8.00 **Cold Case Files: Dead West** A murder that took 20 years and new technology to solve.
9.00 **The Death Investigator with Barbara Butcher** A missing man's body is found in his car.
10.00 **Cold Case Files** Police urgently seek the killer of a shopkeeper. **11.00** The discovery of a man's mutilated body close to what was known as the Hanging Tree.
12.00 M'T **Staged: Deadly Deception**
1.00 AM **Cold Case Files: Murder in the Bayou** How DNA solved a cold case in Lafayette.
2.00 **Accident, Suicide or Murder?**
5.00 **to 6.00** AM **Killer in Plain Sight**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
10.00 **Big Cat Odyssey**
11.00 **Future Cats**
12.00 NOON **Diary of a Teen Leopard**
1.00 PM **Desert Lions: Skeleton Coast** Documentary.
2.00 **Russia's Wild Tiger**
3.00 **Jaguar Beach Battle**
4.00 **Hammerhead Sharks Up Close with Bertie Gregory**
5.00 **Critter Fixers: Country Vets** New edition The techs receive some on-the-job training.
6.00 **Heartland Docs** New edition Treating a llama's infected toe.
7.00 NEW SERIES **Voyagers: Exploring Pacific Waters** How the ancient people of the Pacific Islands navigated the ocean. **8.00** New edition New double-hulled canoes allow Pacific navigators to find new islands.
9.00 **Blitzkrieg Sharks**
10.00 **Killer Shark vs Killer Whale**
11.00 **Snakes in the City**
12.00 M'T **Alaska: The Next Generation** Double bill.
2.00 AM **When Sharks Attack**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

161/172 147 181

7.00 AM **Shed and Buried**
9.00 **Massive Engineering Mistakes**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides** Triple bill.
6.00 **Blowing Up History** Acoustic technology is used to explore Venice's ancient foundations. **7.00** A prehistoric structure on the sands of an English shore which could reveal lost mysteries of the Bronze Age. **8.00** Experts use pioneering archaeological methods to examine how The Tower of London became a prison.
9.00 **Salvage Hunters: The Restorers** Arcade games specialist Mark Squires restores a 1960s pinball machine. **10.00** Leather expert Martin tries to rescue a pair of 100-year-old clown shoes. **11.00** Joiner Robin attempts to turn an old butcher's block into a stylish kitchen island.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Wild West: America's Great Frontier** Triple bill.
12.00 NOON **Alaska: Earth's Frozen Kingdom**
1.00 PM **Wild West: America's Great Frontier** Triple bill.
4.00 **Alaska: Earth's Frozen Kingdom** As 8.00pm.
5.00 **Wild West: America's Great Frontier** Double bill.
7.00 **Wild West: America's Great Frontier** As shown at 11.00pm.
8.00 **Alaska: Earth's Frozen Kingdom** Following the fortunes of humans and animals over the course of a year in the American state.
9.00 **Wild West: America's Great Frontier** Documentary exploring America's deserts. **10.00** Mountain regions. **11.00** A journey along America's west coast.
12.00 M'T **Alaska: Earth's Frozen Kingdom** As 8.00pm.
1.00 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1hour 266 376

ID

154 140 166

8.00 AM **Love the Way You Lie**
10.00 **Twisted Love** Double bill.
12.00 NOON **Faking It: Tears of a Crime** Four editions.
4.00 PM **American Monster** Examining the double murder of Angelia and Sylvester Taylor. **5.00** The story of Randy Ferguson and Angela Phillips. **6.00** For years, Bill, Stephanie and their three children hide their torment, but in 2011, the façade shatters for good. **7.00** An apparent happy family living in secret turmoil.
8.00 **Evil Lives Here** Investigating the crimes of Karl Best. **9.00** When Myrle's husband dies under mysterious circumstances, her daughter Rebecca suspects she's a black widow in disguise.
10.00 **The Real Murders on Elm Street** Crime documentary.
11.00 **American Monster**
12.00 M'T **Murder on CCTV**
2.00 AM **Where Murder Lies**
4.00 **to 6.00** AM **Still a Mystery**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **Supertruckers**
10.00 **Extreme RVs**
11.00 **Extreme Car Hoarders**
12.00 NOON **Faster with Finnegan**
5.00 PM **Shed and Buried: Classic Cars** Henry and Fuzz rummage through two huge sheds of vintage military vehicles. **6.00** Henry and Fuzz stop by a shed filled with astonishing American muscle cars.
7.00 **Wheeler Dealers World Tour** In Australia, Mike and Elvis find a 1970s classic VW camper in need of some mechanical TLC.
8.00 **Wheeler Dealers** Mike and Ant claim ownership of a 1965 Dodge A-100 Sportsman. **9.00** Mike visits San Francisco in search of a Chevrolet Stepside pick-up truck. **10.00** A Dodge SRT-10 is in need of some serious work. **11.00** Mike wants to splash the cash on a custom bus. **12.00** M'T Mike and Edd work on a Volkswagen T2 panel van.
1.00 **to 4.00** AM **Supertruckers**

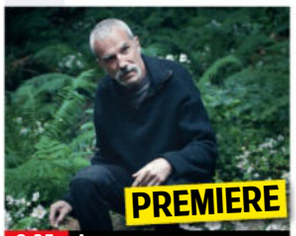
+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
7.40 PREMIERE **Anemone** (2025)
9.50 **Wicked: For Good** (2025)
12.15 PM **Bugonia** Comedy thriller. (2025, 15, 118min) ★★★★
2.20 **Redux Redux** As 12.45am.
4.15 **Grand Prix of Europe** Animation. (2025, U, 98min)
6.00 **Wicked: For Good** Fantasy sequel starring Cynthia Erivo. (2025, PG, 137min) ★★★



8.25 Anenome

8.25 PREMIERE **Anemone** Drama starring Sean Bean and Daniel Day-Lewis. A man heads out on a journey into the woods to reconnect with his estranged hermit brother with whom he shares a complex past. With Samantha Morton. (2025, 15, 125min) ★★★ *See review, page 26.*
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 **Civil War** Action thriller starring Kirsten Dunst. In a dystopian America, a team of journalists race to the White House before a faction of rebels get there. (2023, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Redux Redux** Fantasy starring Michaela McManus. (2025, 15, 109min) ★★★★
2.40 **Carolina Caroline** Thriller. (2025, 15, 105min) ★★★★
4.30 **to 6.10** AM **LifeHack** Thriller. (2025, 15, 97min)

Sky Cinema Beverly Hills

303 303 403 503 517

7.05 AM **Beverly Hills Cop 3**
8.55 **Beverly Hills Cop** As 8.00pm.
10.45 **Beverly Hills Cop II** (1987)
12.35 PM **Beverly Hills Cop 3**
2.25 **Beverly Hills Cop** As 8.00pm.
4.15 **Beverly Hills Cop II** (1987)
6.05 **Beverly Hills Cop 3** Comedy thriller sequel starring Eddie Murphy. Street-smart Detroit cop Axel Foley discovers that an LA theme park is a front for a counterfeiting gang. (1994, 15, 104min) ★★

9.50 Beverly Hills Cop II

8.00 **Beverly Hills Cop** Comedy thriller starring Eddie Murphy as a brash Detroit police detective investigating a friend's murder in Beverly Hills. With Judge Reinhold and Lisa Eilbacher. (1984, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Beverly Hills Cop II** Comedy thriller sequel starring Eddie Murphy. Streetwise detective Axel Foley goes on the trail of a gang led by a six-foot blonde. With Judge Reinhold, Brigitte Nielsen and Jurgen Prochnow. (1987, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Beverly Hills Cop 3** (1994)
1.30 AM **Beverly Hills Cop** (1984)
3.20 **Beverly Hills Cop II** (1987)
5.10 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

7.05 AM **The Friend** As 10.20pm.
9.15 **Footloose** Teen dance drama remake. (2011, 12, 113min) ★★★
11.15 **A League of Their Own** Comedy drama with Tom Hanks. (1992, PG, 124min) ★★★★
1.25 PM **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★
3.25 **Quartet** Dustin Hoffman's comedy drama starring Maggie Smith. (2012, 12, 94min) ★★★★
5.15 **One Battle After Another** Oscar-winning action thriller starring Leonardo DiCaprio, Sean Penn and Benicio del Toro. (2025, 15, 161min) ★★★★★
8.00 **Wuthering Heights** Romantic drama based on Emily Brontës classic novel, starring Margot Robbie and Jacob Elordi. (2026, 15, 136min) ★★★★
10.20 **The Friend** Drama based on the novel by Sigrid Nunez, starring Naomi Watts and Bill Murray. (2024, 15, 123min) ★★★★
12.25 AM **The Brutalist** Epic period drama starring Adrien Brody. (2024, 18, 215min) ★★★★★
3.50 **Flashdance** Adrian Lyne's dance drama starring Jennifer Beals. (1983, 15, 96min) ★★★
5.30 **to 7.20** AM **Dance First** Drama. (2023, 12, 100min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

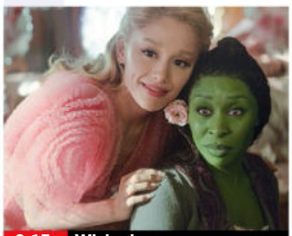
6.30 AM **The Woman in the Yard**
8.15 **Tremors** As shown at 5.30am.
10.05 **It Feeds** Horror thriller. (2025, 15, 102min) ★★★
12.00 NOON **The Crazies** Horror. (2010, 15, 101min) ★★★★
1.55 PM **We Bury the Dead** Horror. (2024, 15, 94min) ★★★★
3.45 **Mars Attacks!** Tim Burton's sci-fi spoof with Jack Nicholson. (1996, 12, 106min) ★★★★
5.45 **Constantine** Supernatural thriller starring Keanu Reeves. (2005, 15, 121min) ★★★
8.00 **The Craft** Supernatural horror fantasy starring Robin Tunney. (1996, 15, 101min) ★★★
9.50 **Smile 2** Horror sequel starring Naomi Scott. A pop sensation faces increasingly terrifying events, leading her down a dark path into her past. (2024, 18, 127min) ★★★★
12.00 M'T **Chappie** Sci-fi action thriller. (2015, 15, 120min) ★★
2.05 AM **The Woman in the Yard** Horror with Danielle Deadwyler. (2025, 15, 88min) ★★★
3.40 **10 Cloverfield Lane** Thriller with Mary Elizabeth Winstead. (2016, 12, 103min) ★★★★
5.30 **to 7.15** AM **Tremors** Horror. (1990, 15, 96min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Wicked

304 304 406 506 519

7.30 AM **The Wizard of Oz** (1939)
9.15 **Wicked** As shown at 9.15pm.
11.55 **Wicked: For Good** (2025)
2.20 PM **The Wizard of Oz** (1939)
4.05 **Wicked** As shown at 9.15pm.
6.50 **Wicked: For Good** Fantasy sequel starring Cynthia Erivo and Ariana Grande. Elphaba, the Wicked Witch of the West, must reunite with Glinda the Good to transform herself – and Oz. With Jeff Goldblum. (2025, PG, 137min) ★★★


9.15 Wicked

Wicked: For Good (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 **Wicked** Part one of The *Wizard of Oz* prequel based on the hit stage musical, starring Cynthia Erivo and Ariana Grande. A young woman ridiculed for her green skin and a popular girl become friends at Shiz University in the Land of Oz. (2024, PG, 160min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **The Wizard of Oz** Classic musical fantasy starring Judy Garland as the young Kansas girl who is swept by a twister to the magical land of Oz. (1939, U, 98min) ★★★★★
1.40 AM **The Wiz** Musical starring Diana Ross and Michael Jackson. (1978, U, 133min) ★★
3.55 **The Cinema List: Family Favourites**
4.25 **to 6.10** AM **The Wizard of Oz**

Sky Cinema Action

306 306 407 507 521

7.35 AM **Red Right Hand** Thriller. (2023, 15, 111min) ★★★
9.40 **The Meg** Action thriller. (2018, 12, 113min) ★★★
11.35 **William Tell** Historical drama. (2025, 15, 133min) ★★★
1.55 PM **The Scorpion King** Fantasy. (2002, 12) ★★★
3.40 **The Italian Job** Crime caper. (1969, PG, 100min) ★★★★★
5.30 **Spider-Man 3** Fantasy sequel with Tobey Maguire and Kirsten Dunst. (2007, 12, 139min) ★★★

8.00 Gladiator II

8.00 **Gladiator II** Historical drama sequel starring Paul Mescal. The son of a slain Roman General enters the Colosseum in an attempt to bring glory to Rome. With Denzel Washington, Pedro Pascal and Connie Nielsen. (2024, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

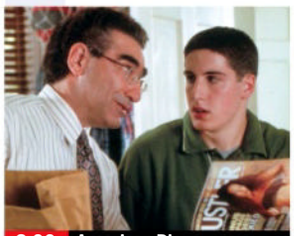
10.30 **300: Rise of an Empire** Fantasy adventure sequel, starring Sullivan Stapleton and Eva Green. A Greek general leads his navy into battle against the vast invading armada of the Persian empire. (2014, 15, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Morbius** Adventure. (2022, 12, 104min) ★★
2.15 **The Italian Job** As 3.40pm.
4.05 **Jackie Chan's Armour of God** Martial arts thriller. (1986, 15, 95min) ★★★
5.55 **to 6.15** AM **The Cinema List: Jurassic**

Sky Cinema Comedy

308 308 408 508 522

6.50 AM **Eddie the Eagle** (2016)
8.40 **Instant Family** Comedy. (2018, 12, 118min) ★★★★
10.40 **Hitch** (2005, 12) ★★★
12.40 PM **The Wedding Singer** Comedy. (1998, 12) ★★★★
2.20 **Seven Psychopaths** Comedy. (2012, 15, 106min) ★★★★
4.15 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
6.05 **Mamma Mia! Here We Go Again** Musical sequel. (2018, PG, 114min) ★★★★


8.00 American Pie

8.00 **American Pie** Comedy starring Jason Biggs. A group of teenage friends pledge to lose their virginity before the school prom – which is only three weeks away. (1999, 15, 96min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

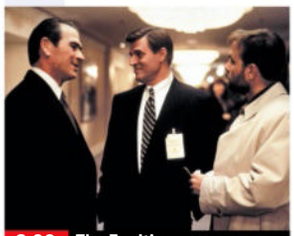
9.45 **Pitch Perfect** Musical comedy starring Anna Kendrick. A wannabe DJ tries to shake up her college's all-female singing group. With Skylar Astin and Rebel Wilson. (2012, 12, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Just Go With It** Romantic comedy starring Adam Sandler. (2011, 12, 117min) ★
1.45 AM **Sausage Party** Animation. (2016, 15, 89min) ★★★
3.20 **Jackie Chan's The Tuxedo** Action comedy starring Jackie Chan. (2002, 12, 98min) ★★
5.05 **The Cinema List: Bingeable**
5.35 **to 7.40** AM **Tootsie** Comedy. (1982, 15, 116min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.20 AM **Thieves Highway** Thriller. (2025, 15, 110min) ★★★
7.55 **Black Bag** Espionage thriller. (2024, 15, 94min) ★★★★
9.30 **Ocean's Twelve** Thriller sequel. (2004, 12, 125min) ★★★★
11.40 **The Bourne Ultimatum**
1.40 PM **Jaws** Monster thriller. (1975, 12, 125min) ★★★★★
3.50 **Jaws 2** Monster thriller sequel. (1978, PG, 115min) ★★★
5.50 **Ocean's Thirteen** Thriller. (2007, PG, 122min) ★★★


8.00 The Fugitive

8.00 **The Fugitive** Action thriller starring Harrison Ford and Tommy Lee Jones. A wrongly convicted man escapes on the way to jail and goes in search of the real culprit while evading the forces of the law. With Sela Ward. (1993, 15, 128min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **The Bourne Ultimatum** Spy thriller sequel starring Matt Damon. An ex-CIA assassin strives to outsmart cops, killers and his former bosses in his quest to discover his true identity. With Julia Stiles. (2007, 12, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **The Krays** Crime drama. (1990, 18, 119min) ★★★
2.20 **Fatal Attraction** Thriller. (1987, 15, 120min) ★★★★
4.30 **to 6.20** AM **Caddo Lake** Thriller starring Dylan O'Brien. (2024, 12, 99min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Kid Who Would Be King** Fantasy adventure. (2019, PG, 120min) ★★★
1.35 PM **Earth Vs the Flying Saucers** Sci-fi thriller. (1956, b/w, U, 83min) ★★★
3.20 **Hombre** Western adventure starring Paul Newman. (1966, PG, 111min) ★★★
5.35 **Entrapment** Romantic action thriller starring Sean Connery. (1999, 12, 112min) ★★★

11.15 A Quiet Place Part II

8.00 **Mission: Impossible – Dead Reckoning** Action thriller starring Tom Cruise. The IMF team race to acquire two halves of an interlocking key that can regain control of a lethal artificial intelligence. With Hayley Atwell, Ving Rhames, Simon Pegg and Rebecca Ferguson. (2023, 12, 163min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **A Quiet Place Part II** Horror thriller sequel starring Emily Blunt and Cillian Murphy. The Abbotts face the outside world, and realise the creatures that hunt by sound are not the only threats lurking. (2020, 15, 97min) ★★★★
1.05 **to 2.55** AM **Banel & Adama** Senegalese drama. Subtitled. (2023, 12, 88min) ★★★

+1hour 314 430 47 301 257

8 PM **9 PM** **10 PM** **11 PM**

Sky Cinema 2026 Recap

302 302 402 502 516

6.40 AM **Sketch** Fantasy comedy. (2025, 12, 93min) ★★★★
8.20 **The Bad Guys 2** Animated comedy adventure sequel. (2025, PG, 104min) ★★★★
10.10 **Pets on a Train** Animation. (2025, PG, 87min) ★★★
11.40 **Gabby's Dollhouse: The Movie** Family comedy adventure starring Laila Lockhart Kraner. (2025, U, 100min) ★★★

1.20 PM **Jurassic World: Rebirth** Fantasy with Scarlett Johansson. (2025, 12, 133min) ★★★
3.35 **The Running Man** Comedy thriller. (2025, 15, 133min) ★★★
5.50 **Roofman** Comedy drama. (2025, 15, 126min) ★★★★
8.00 **Eddington** Western starring Joaquin Phoenix and Emma Stone. (2025, 15, 148min) ★★★★
10.30 **I Know What You Did Last Summer** Horror with Madelyn Cline and Chase Sui Wonders. (2025, 15, 119min) ★★★

12.30 AM **Honey Don't!** Comedy thriller with Margaret Qualley. (2025, 15, 89min) ★★★
2.05 **Pillion** Dark comedy with Harry Melling and Alexander Skarsgård. (2025, 18, 107min) ★★★
4.00 **to 6.15** AM **King Ivory** Crime thriller. (2024, 15, 130min) ★★★

Sky Cinema Greats

307 307 404 504 518

7.50 AM **The Firm** As 11.55pm.
10.25 **Jaws 2** Adventure thriller sequel. (1978, PG, 115min) ★★★
12.25 PM **Jaws 3** Adventure thriller sequel. (1983, 12, 99min) ★★
2.05 **Lethal Weapon** Action thriller. (1987, 15, 110min) ★★★★
4.00 **Lethal Weapon 2** Thriller sequel. (1989, 15, 110min) ★★★★
6.00 **Lethal Weapon 3** Thriller sequel. (1992, 15, 118min) ★★

8.00 **Lethal Weapon 4** Action thriller sequel starring Mel Gibson and Danny Glover. The maverick LA cop duo tangle with a gangster from the Hong Kong underworld. With Joe Pesci. (1998, 15, 128min) ★★★
10.15 **The Evil Dead** Horror comedy starring Bruce Campbell and Ellen Sandweiss. While spending a holiday at a remote mountain cabin, a group of teenagers summon up ancient demons. (1982, 18, 85min) ★★★★

11.55 **The Firm** Legal thriller. (1993, 15, 155min) ★★★
2.40 AM **The Towering Inferno** Thriller starring Paul Newman. (1974, 12, 165min) ★★★★
5.40 **to 7.40** AM **Demolition Man** Thriller with Sylvester Stallone. (1993, 15, 114min) ★★★

Disney+ Cinema

305 305

6.00 AM **Mufasa: The Lion King** Animated adventure prequel. (2024, PG, 118min) ★★★
8.00 **Maleficent** Fantasy adventure. (2014, PG, 97min) ★★★★
9.35 **The Aristocats** Animation. (1970, U, 78min) ★★★★★
11.00 **Mulan** Animated adventure. (1998, U, 88min) ★★★
12.30 PM **Finding Nemo** Animation. (2003, U, 104min) ★★★★★

2.15 **The Good Dinosaur** Animation. (2015, PG, 101min) ★★★★
3.50 **The Sorcerer's Apprentice** Fantasy starring Nicolas Cage. (2010, PG, 109min) ★★★★
5.45 **Hercules** Animated adventure. (1997, U, 92min) ★★★★
7.20 **Frozen** Animated musical. (2013, PG, 108min) ★★★★
9.00 **Black Swan** Psychological thriller. (2010, 15, 108min) ★★★
10.50 **(500) Days of Summer** Offbeat romantic comedy. (2009, 12, 95min) ★★★★

12.25 AM **Solo: A Star Wars Story** Sci-fi action adventure prequel. (2018, 12, 135min) ★★★★
2.45 **Dodgeball: A True Underdog Story** Sports comedy. (2004, 12, 92min) ★★★★
4.20 **to 6.00** AM **Beverly Hills Chihuahua** (2008, U) ★★

Movies 24

312 313 419

7.00 AM **Three Wisest Men** Comedy drama. (2025, PG, 84min) ★★
9.00 **Christmas by Candlelight** Comedy. (2023, PG, 90min) ★★
11.00 **Christmas in Big Sky Country** Drama. (2023, PG, 90min) ★★
1.00 PM **A Biltmore Christmas** Fantasy. (2023, PG, 90min) ★★
3.00 **Christmas with the Singhs** Romantic comedy with Anuja Joshi. (2024, PG, 84min) ★★

5.00 **Trivia at St Nick's** Festive comedy. (2024, PG, 84min) ★★
7.00 **Private Princess Christmas** Comedy starring Ali Skovbye. (2024, PG, 81min) ★★
9.00 **A Christmas Intern** Fantasy starring Vivica A Fox and Jackee Harry. A retired entrepreneur becomes an intern at her daughter's company so she can reconnect in time for Christmas. (2023, PG, 90min) ★★
11.00 **A Dance in the Snow** Festive drama. (2024, PG, 84min) ★★

1.00 AM **An Alpine Holiday** Comedy drama starring Ashley Williams. (2025, U, 90min) ★★
3.00 **to 5.00** AM **Tidings for the Season** Romantic drama with BJ Britt. (2025, U, 89min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Girdle of Gold** Comedy. (1952, b/w, U, 60min) ★★
7.15 **The Night Caller** Sci-fi thriller. (1965, b/w, 18, 82min) ★★
8.55 **The Restless Breed** Western. (1957, PG, 86min) ★★
10.35 **Batman** 12/26. (S3)
11.10 **The Black Knight** Arthurian adventure. (1954, U, 85min) ★
12.55 PM **Damn the Defiant!** Drama. (1962, PG, 97min) ★★★

3.00 **Dial 999** 8/39. (S1)
3.30 **For the Love of Ada** 4/6. (S1)
4.00 **The Man from UNCLE** (S1)
5.00 **The Footage Detectives**
6.00 **The Directors** Billy Wilder.
7.00 **The Riddle of the Sands** Adventure starring Michael York. (1978, U, 102min) ★★★
9.05 **The Man in the White Suit** Comedy starring Alec Guinness. (1951, b/w, U, 85min) ★★★★★
10.50 **The Undertaker** Thriller with Paul McGann and Tara Fitzgerald. (2023, 15, 85min) ★★

12.40 AM **The Heritage Chart Show**
1.45 **And the Same to You** Comedy. (1960, PG, 70min) ★★
3.10 **The Rogues** 24/30. (S1)
4.10 **The Adventures of Robin Hood**
4.40 **The Buccaneers** 28/39. (S1)
5.10 **to 6.00** AM **A Home of Your Own** Comedy. (1964, U) ★★★

Sunday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast**
9.00 LIVE **LPGA Tour Golf** Coverage of day four of the Amundi Evian Championship, the Major held at Evian Resort Golf Club in Évian-les-Bains, France.
3.00 PM LIVE **DP World Tour Golf** Coverage of day four of the Genesis Scottish Open, the Rolex Series event held at Renaissance Club in North Berwick.
8.00 LIVE **Vitality T20 Blast Cricket** Coverage of a match in the final day of the group stage.
9.45 LIVE **PGA Tour Golf** Coverage of the fourth day's play of the ISCO Championship from Hurstbourne Country Club in Louisville, Kentucky. William Mouw of America was victorious here last year, but there has not been a two-time winner of this event since its inauguration in 2015.
12.00 M'T **World Cup Report**
1.30 AM LIVE **Major League Cricket** Texas Super Kings v Los Angeles Knight Riders. Coverage of the T20 match from Grand Prairie Stadium in Texas.
5.30 **to 6.00** AM **World Cup Report**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **Premier League Review**
2.00 PM **Netbusters** Fast-paced Premier League highlights using alternative angles, featuring every goal from every game.
4.30 **Transfer 360** A look back at transfers involving Michael Carrick and Dimitar Berbatov.
5.00 **Premier League World Beaters** A look at some of the best players in the top flight.
5.30 **Premier League Stories**
6.00 **Premier League Review** Action from the 16th round of fixtures. **7.00** Highlights from round 17. **8.00** Action from the 18th round of top-flight fixtures. **9.00** Highlights from round 19. **10.00** Action from the 20th round of top-flight fixtures.
11.00 **Premier League Years** Classic games, infamous blunders and moments of skill from the 2000/01 season, all set to a specially selected soundtrack.
1.00 AM **PL Retro** Newcastle v Manchester United in 1996/97.
2.45 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup Retro**
8.45 **EFL Greatest Games**
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **Championship Season Review**
11.30 **EFL Greatest Games**
12.00 NOON **Retro League One**
2.00 PM **Best Moments from the Championship Play-Off Final**
2.30 **Best Moments from the League 1 & 2 Play-Off Final**
3.00 **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Retro** Arsenal v Manchester City in the 2018 final.
4.30 **EFL** Best goals from 2017/18.
5.00 **Edinburgh Derby Best Goals**
5.30 **EFL Greatest Games**
6.00 **Championship Retro** Leeds United v Derby County in 2019.
8.00 **EFL Greatest Games**
9.00 **SPFL Highlights** Action from Rangers v Celtic in August 2021.
9.30 **EFL Greatest Games**
10.00 **EFL Cup Highlights** Chelsea v Manchester City in the 2019 final.
11.00 **EFL Cup Highlights**
11.30 **The Story of Frank Soo**
12.00 M'T **EFL** The 2015/16 play-offs.
3.00 AM **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **to 6.00** AM **Championship Retro**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **Women's Test Cricket**
7.00 **Women's One-Day International Cricket**
8.00 **Women's Test Cricket**
9.00 **International T20 Cricket**
9.30 **Women's T20 World Cup**
10.00 **Women's Test Cricket** England v India from Lord's, London.
10.30 LIVE **Women's Test Cricket England v India.** Coverage of the third day of the one-off Test from Lord's. The last time these two sides met in a Test match was in India in December 2023, when India claimed a massive 347-run victory after making scores of 428 and 186-6 declared.
6.30 PM LIVE **Vitality T20 Blast Cricket** Coverage of a match in the final day of the group stage.
9.45 LIVE **Major League Cricket** New York v Washington Freedom. Coverage of the T20 match at Grand Prairie Stadium.
1.15 AM LIVE **Major League Cricket** Texas Super Kings v Los Angeles Knight Riders. Coverage of the T20 match from Grand Prairie Stadium in Texas.
5.30 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

406 406 506 423 443

6.00 AM **PGA Tour Golf**
9.00 LIVE **LPGA Tour Golf** Coverage of day four of the Amundi Evian Championship, the Major staged at Evian Resort Golf Club in Évian-les-Bains, France.
3.00 PM LIVE **DP World Tour Golf** Coverage of day four of the Genesis Scottish Open, the Rolex Series event held at Renaissance Club in North Berwick.
8.00 **LPGA Tour Golf** Day four of the Amundi Evian Championship.
9.00 LIVE **PGA Tour Golf** The fourth day of the ISCO Championship at Hurstbourne Country Club in Kentucky. William Mouw of America was victorious here last year, but there has not been a two-time winner of this event since its inauguration.
12.00 M'T **Scotland's Greatest Golf Holes** Featuring Kingsbarns.
12.30 AM **LPGA Tour Golf**
1.30 **School of Golf** Putting tips.
2.00 **DP World Tour Golf**
3.00 **The Open – Official Films**
4.00 **LPGA Tour Golf**
5.00 **to 6.00** AM **Golf Academy**

TNT Sports 1

410 413 521 408 430

7.00 AM **TNT Sports Reload**
7.30 LIVE **AFL** Western Bulldogs v West Coast Eagles. Coverage from Marvel Stadium. Bounce-up **7.40am**.
10.30 **UEFA Champions League – Classics** Liverpool v Chelsea.
11.00 **Tour de France Men Highlights**
12.00 NOON LIVE **Tour de France Men** Coverage from the ninth stage of the Grand Tour race, a 185.5km route from Malemort to Ussel. This stage last year saw Belgium's Tim Merlier claim the second of his two stage victories.
5.30 PM **Race Bikes**
6.00 **One-Day International Cricket**
7.00 **TNT Sports Reload**
7.30 LIVE **IFSC Climbing World Series** The men's and women's lead finals in Chamonix, France.
9.30 **Premier League Stories**
10.00 **Wimbledon** The 14th day.
11.30 **AFL** A chance to see Western Bulldogs v West Coast Eagles.
1.00 AM **AFL** Two match replays.
4.00 **Tour de France Men Highlights**
5.00 **UCI Mountain Bike World Series Women** From Andorra.
5.30 **to 6.00** AM **UCI Mountain Bike World Series Men**

TNT Sports 2

411 414 522 409 431

6.00 AM **Fishing: On the Bank**
7.00 **UEFA Champions League**
7.30 LIVE **Moto4 Northern Cup** Coverage of race two in Germany.
8.30 LIVE **MotoGP** The Grand Prix of Germany warm-up sessions.
9.00 LIVE **MotoGP** The Grand Prix of Germany Moto3 race.
11.00 LIVE **MotoGP** The Grand Prix of Germany Moto2 race.
12.15 PM LIVE **MotoGP** The Grand Prix of Germany MotoGP race.
3.00 **TNT Sports Reload**
3.30 LIVE **Wimbledon** Coverage of the gentlemen's singles final staged at the All England Club.
7.30 **The WRC Magazine**
8.00 **Tour de France Men Highlights**
9.00 LIVE **NWSL** Seattle Reign v Portland Thorns. Coverage of the match at Lumen Field. Kick-off **9.00pm**.
11.15 **TNT Sports Reload**
11.30 **World Superbikes**
12.30 AM **UCI Mountain Bike World Series** From Pal Arinsal, Andorra.
1.30 **Tour de France Men Highlights**
2.30 **Wimbledon** The 14th day.
4.00 **Fishing: On the Bank**
5.00 **to 6.00** AM **British Superbikes**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League**
12.00 NOON **NFL Highlights**
1.00 PM **NBA Basketball**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
5.00 **NFL Bitesize Highlights**
5.15 **Super Bowl LX Bitesize** Seattle Seahawks v New England Patriots.
5.30 **Super League Highlights**
6.00 **NBA Basketball** Cleveland Cavaliers v Milwaukee Bucks.
8.00 LIVE **NBA Summer League** New Orleans Pelicans v Phoenix Suns. Coverage of the match staged at Pavilion in Las Vegas. Tip-off **8.00pm**.
10.00 LIVE **NBA Summer League** Boston Celtics v Charlotte Hornets. Coverage of the match from Pavilion. Tip-off **10.00pm**.
12.30 AM **NFL Bitesize Highlights**
12.45 **Super League Highlights**
1.30 LIVE **WNBA** Las Vegas Aces v Indiana Fever. Coverage of the inter-conference match staged at Michelob Ultra Arena. Tip-off is at **2.00am**.
4.00 **Super League Highlights**
4.45 **Women's Super League**
5.00 **to 6.00** AM **Super League Highlights**

Sky Sports+

404 404 504 427 447

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast**
10.00 LIVE **DP World Tour Golf** Coverage of day four of the Genesis Scottish Open, the Rolex Series event held at Renaissance Club in North Berwick. Chris Gotterup of America was the only winner of a Rolex Series tournament from outside of Europe last year when he finished two strokes clear of Northern Ireland's Rory McIlroy and Marco Penge of England here to claim his maiden DP World Tour title.
3.00 PM **World Cup Report**
6.00 **My Icon** Nasser Hussain.
6.15 LIVE **Vitality T20 Blast Cricket** Coverage of a match in the final day of the group stage.
9.45 **Women's Test Cricket** England v India in the third day of the one-off Test from Lord's, London.
10.45 **My Icon** Nasser Hussain.
11.00 **World Cup Report** A round-up of all the day's World Cup news.
12.00 M'T **Women's Test Cricket** Action from England v India.
12.15 AM **EFL Greatest Games**
1.00 **International T20 Cricket**
5.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
1.00 PM **ATP Tennis** Madrid Open. **2.00** The Italian Open final.
3.00 **Djokovic Top 10** Archive action.
8.00 **ATP Tennis** Highlights from the Monte-Carlo Masters, Madrid Open and Italian Open finals.
11.00 **US Open Tennis** A review of the men's and women's 2025 singles.
12.00 M'T **WTA & ATP Tennis**
3.00 **to 6.00** AM **Djokovic Top 10**

Sky Sports Mix

416 412 511 429 449

6.45 AM **State of Origin Rugby League Highlights**
7.00 **LPGA Tour Golf**
10.00 **Women's Test Cricket**
10.30 LIVE **Women's Test Cricket England v India.** Coverage of the third day of the one-off Test from Lord's. The last time these two sides met in a Test match was in India in December 2023, when India claimed a massive 347-run victory after making scores of 428 and 186-6 declared.
6.30 PM **Indycar** The Indy 200.
7.30 **Formula 1** Action from the British Grand Prix at Silverstone.
8.30 **Women's State of Origin**
8.45 **Spirit of Yachting**
9.15 LIVE **Major League Cricket** New York v Washington Freedom. Coverage of the T20 match at Grand Prairie Stadium.
1.30 AM **NBA Basketball**
4.00 **to 6.00** AM **Women's T20 World Cup**

TNT Sports 3

413 415 523 410 432

6.00 AM LIVE **AFL** Melbourne Demons v Richmond Tigers. From Melbourne Cricket Ground. Bounce-up **6.15am**.
9.00 LIVE **IFSC Climbing World Series** The men's and women's lead semi-finals in Chamonix.
11.30 **UCI Mountain Bike World Series**
12.00 NOON LIVE **UCI Mountain Bike World Series** Elite cross country olympic races in Andorra.
4.30 PM **MLB Plays of the Week**
5.00 LIVE **MLB** Coverage of the MLB All-Star Futures Game held at Citizens Bank Park in Philadelphia.
8.00 **MLB Highlights**
9.00 LIVE **MLB** San Diego Padres v Toronto Blue Jays. Coverage of the inter-league match. Start-time **9.10pm**.
12.00 M'T **MLB Classic** Archive action.
1.30 AM **Ultimate Pool** Highlights.
3.00 **UCI Mountain Bike World Series**
4.00 **One-Day International Cricket**
5.00 **to 6.00** AM **MotoGP**

TNT Sports 4

414 416 524 411 434

6.00 AM **Tour de France Men**
7.00 **UCI Mountain Bike World Series**
8.00 **Wimbledon** The 13th day.
9.30 **MLB Plays of the Week**
10.00 **It's a Numbers Game**
10.30 **World Superbikes**
11.00 LIVE **World Superbikes** From Donington Park Circuit in England.
11.45 **British Superbikes**
12.30 PM **Superbike Rewind**
12.45 LIVE **Women's Circuit Racing** From Donington Park Circuit.
1.45 LIVE **World Superbikes** From Donington Park Circuit in England.
4.30 LIVE **FIA World Endurance Championship** Coverage from the Six Hours of Sao Paulo.
10.00 **MotoGP** Grand Prix of Germany.
11.00 **The WRC Magazine**
11.30 **Formula E Highlights**
1.30 AM **British Superbikes**
2.30 **The WRC Magazine**
3.00 **World Superbikes**
4.00 **to 6.00** AM **UEFA Champions League – Stories of the Finals**

Premier Sports 1

419 APP 528

6.00 AM **Ultimate Karting**
7.00 **Transworld Sport** Magazine.
8.00 **Rugby Junior World Championships**
10.00 **Sporting Greats**
10.30 **Rugby Junior World Championships**
2.20 PM **Sporting Greats**
2.50 LIVE **Rugby Junior World Championship** Coverage of a thirteenth-place semi-final held at Aia Arena. Kick-off **3.00pm**.
5.00 **URC Match Highlights**
5.20 LIVE **Rugby Junior World Championship** Coverage of a thirteenth-place semi-final from Aia Arena. Kick-off **5.30pm**.
7.30 **World of FreeSports**
8.00 **Sporting Greats**
8.30 **Rugby Junior World Championships** Semi-finals.
12.30 AM **European Le Mans Series**
1.30 **KOTV Weekly** Boxing news.
2.00 **DTM Motorsport Highlights**
3.00 **to 6.00** AM **Ultimate Karting**

Premier Sports 2

420 APP 529

6.00 AM **Temples of Sport**
6.30 **Football's Greatest**
7.00 **NASCAR Trucks**
10.00 **Bike World** Magazine.
10.30 **Rugby Junior World Championships**
2.30 PM **URC Match Highlights**
2.50 LIVE **Rugby Junior World Championship** A fifth-place semi-final. Kick-off **3.00pm**.
5.00 **URC Match Highlights**
5.20 LIVE **Rugby Junior World Championship** A fifth-place semi-final. Kick-off **5.30pm**.
7.30 **Football's Greatest**
8.00 **Premier Sports Cup**
10.00 **Temples of Sport**
10.30 **NASCAR Highlights**
11.30 LIVE **NASCAR** The Quaker State 400, the latest round of the season staged at Echopark Speedway in Hampton, Georgia.
4.00 AM **Motorsport** Valentino Rossi.
4.30 **Bike World** Highlights.
5.00 **to 6.00** AM **Motorsport**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Action from 2021.
11.00 **Ted's Notebook**
11.30 **Formula 1** British Grand Prix.
1.30 PM **Ted's Notebook**
2.00 **Formula 1** From Silverstone.
4.15 **Ted's Notebook**
4.45 **At Home with Liam Lawson**
5.00 **Formula 1** British Grand Prix.
9.15 **Ted's Notebook**
9.45 **At Home with Liam Lawson**
10.00 **F1 Academy: Weekend Wrapped** British Grand Prix.
10.30 **Formula 1** The British Grand Prix sprint race staged at Silverstone.
11.30 **Formula 1** The British Grand Prix, the ninth round of the campaign held at Silverstone.
12.30 AM **Ted's Notebook**
1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Monday

13 July

Planner

How to Trick Your Way Onto the Property Ladder

***DOCUMENTARY** C4,10pm*

He's known as an internet trickster, with stunts including *The Great Amazon Heist* and *How I Made £1Million in 90 Days* to his name. Here, Oobah Butler uses his wiles to help first-time buyers conquer the broken housing market.

Evolution

***DOCUMENTARY** BBC2, 9pm (box set, BBC iPlayer)*

Naturalist Chris Packham hosts a stunning new five-part follow-up to his acclaimed 2023 series *Earth*. Using state-of-the-art CGI and modern genetic science, the documentary rewinds the clock to explore the weird and wonderful prehistoric ancestors of some of today's wildlife.

Under Suspicion: Tracie Andrews

***DRAMA** 5, 9pm*

Former *Hollyoaks*' actor Emma Rigby stars in this one-off true crime drama based on the 1996 killing of Lee Harvey on a country lane in Worcestershire, and the subsequent conviction of his girlfriend, Tracie.

House of the Dragon

***FANTASY DRAMA** Sky Atlantic, 9pm & HBO Max*

As the epic fantasy prequel continues, Aegon Targaryen (Tom Glynn Carney, right) has been declared dead by his mother Alicent, and is forced to go on the run with Lord Larys Strong.

Monday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Our Lives...	7.30 EastEnders	8.00 Panorama	8.30 Celebrity Escape to the...	9.15 I, Jack Wright		10.00 News; Local News	10.40 I, Jack...
	102 BBC2	7.00 Global Eye	7.30 Mastermind	8.00 Only Connect	8.30 University...	9.00 Evolution		10.00 Mortimer &...	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Fletchers'...	8.00 Emmerdale	8.30 Coronation...	9.00 The Dark		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Dover 24/7: Britain's Busiest Port		9.00 24 Hours in A&E		10.00 How to Trick Your Way Onto the...	
	105 5	7.00 Motorway Cops: Catching Britain's...		8.00 Police Interceptors		9.00 Under Suspicion: Tracie Andrews – Lover, Liar, Killer			10.30 Police: Night...
	106 SKY ONE	7.00 The Simpsons		8.00 Agatha Raisin				10.00 Never Mind the Buzzcocks	
ENTERTAINMENT	115 BBC3	7.05 Film: Spider-Man				9.00 Film: Spider-Man 2			
	116 BBC4	7.00 Today at the Test		8.00 Treasures of Ancient Greece		9.00 Andy Warhol's America		10.00 The Sky at...	10.30 American...
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 Love Island		10.05 Love Island...	10.35 G'wed
	136 MORE4	◂ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 Bill Bailey's Vietnam		10.00 Bill Bailey Qualmpeddler	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Rookie		9.00 Law & Order: Special Victims Unit		10.00 Law & Order: Criminal Intent	
	108 SKY ATLANTIC	◂ 6.30 True Detective: Night Country				9.00 House of the Dragon			10.15 The Last of Us
	110 U&GOLD	◂ 6.50 Red Dwarf		8.00 Keeping Up Appearances	8.45 Dad's Army		9.25 Not Going Out	10.00 Red Dwarf	
	111 U&DAVE	7.00 Mortimer &...	7.35 Would I Lie to You?	8.20 Would I Lie to You?		9.00 Have I Got a Bit More 2022 News for...		10.00 QI XL	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Law & Order: UK	
	120 ITV4	7.00 River Monsters		8.00 The Motorbike Show		9.00 Film: Terminator 2: Judgment Day			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Stupid Central		10.00 Mr Bean	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 From		10.00 Grimm	
	143 U&DRAMA	◂ 6.40 Last of the Summer Wine		8.00 The Brokenwood Mysteries				10.00 New Tricks	
	109 U&ALIBI	7.00 Private Eyes		8.00 Death in Paradise				10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: Welcome to My World		9.00 Mozart: Genius for Hire			10.30 Mozart's Sister
	132 U&W	7.00 DIY SOS: The Big Build		8.00 999 Rescue Squad		9.00 Outback Terror: The Falconio Murder			
DOCUMENTARY	125 DISCOVERY	7.00 Shorty's Dream Shop		8.00 The Woodland Workshop		9.00 Maine Cabin Masters		10.00 Expedition X	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Alaska Monsters		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Book of Bam	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Disaster Autopsy		9.00 Air Crash Investigation		10.00 Plane Crash Recreated	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Secrets in the Ice		9.00 Secrets Declassified with David...		10.00 UFO POV	
	155 U&YESTERDAY	7.00 Frozen Planet II		8.00 1066: A Year to Conquer England		9.00 Fake or Fortune?		10.00 Bangers & Cash	
	114 SKY DOCS	◂ 6.00 Film: The Alpinist	7.50 Lancaster					10.00 I Am Johnny Cash	

◂ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x
*Terms & conditions: magazinesdirect.com/terms.

Monday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 NEW SERIES **Animal Park** (S)(AD)
10.15 **The Moment of Proof** (S)(R)(AD)
10.45 **Expert Witness** New edition (S)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Policing Paradise** New edition (S)
2.30 **Rick Stein's Australia** (S)(R)(AD)
3.00 **Escape to the Country** New edition From north Wales. (S)
3.45 NEW SERIES **The Bidding Room** The dealers bid on a jewellery box, a gorilla and a DeLorean car. (S)
4.30 **The Travelling Auctioneers** New edition From south Wales. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM

7.00 NEW **Our Lives: Seeing with Sound** Following blind pianist Ethan Loch as he considers a professional career. (S)(AD)
7.30 **EastEnders** Ian battles with a decision, and Max makes an offer. (S)(AD)

8 PM

8.00 **Panorama: Dubai – Is the Dream Over?** How Dubai's promise of security is being tested. (S)
8.30 **Celebrity Escape to the Country** With former football player Neil 'Razor' Ruddock. (S)(R)(AD)

9 PM

9.15 **I, Jack Wright** New episode *A Tougher Love:* 3/6. Sally is determined to push ahead with the exhumation, while John forms alliances with Emily and Gray. (S1) (S)(AD) ■ Continues at 10.40pm

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **I, Jack Wright** New episode *Juggling Snakes:* 4/6. As Sally's legal challenge runs into trouble, her friendship with Arnaud takes a darker turn. Meanwhile, Rose and Bobby come to a momentous decision. (S1) (S)(AD) ■ Entire series on BBC iPlayer
11.25 FILM **Cowboys & Aliens** Sci-fi western starring Daniel Craig and Harrison Ford. An amnesiac outlaw and a ruthless cattle baron join forces to repel an attack by invading space aliens. With Olivia Wilde. (S) (2011, 12, 110min) ★★★
1.15 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.20 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.45 AM **Expert Witness** (S)(R)(AD)
7.15 **Bargain Hunt** (S)(R)(AD)
8.00 **Sign Zone: The Repair Shop** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **Mastermind** Quiz show. (S)(R)
2.00 **Lightning** Quick-fire quiz. (S)(R)
2.30 **The Farmers' Country Showdown** The Edenbridge & Oxted Agricultural Show. (S)(R)
3.15 **The Hidden World of Hospitality with Tom Kerridge** (S)(R)(AD)
4.15 **Yellowstone: The Wildest Winter** 1/3. Documentary. (S)(R)(AD)
5.15 **Flog It!** From Kent. (S)(R)
6.00 **Richard Osman's House of Games** Quiz show. (S)(R)
6.30 **Just One Thing** Simple tips for transforming people's health. (S)(R)

8.00 Only Connect

7.00 **Global Eye** Investigations from BBC correspondents all over the world. (S)
7.30 NEW SERIES **Mastermind** Clive Myrie returns with the quiz, with specialist subjects including Edward IV and the band Depeche Mode. (S)
8.00 NEW SERIES **Only Connect** Return of the quiz. The Culture Club take on the Makeweights in the opening heat. (S)
8.30 NEW SERIES **University Challenge** The University of Bristol take on Imperial College London. (S)
9.00 NEW SERIES **Evolution** 1/5. How life on Earth has developed over four billion years, charting the changes giving rise to five modern animals, starting with the African elephant. *See feature, page 21.* (S)(AD) ■ Entire series on BBC iPlayer
10.00 **Mortimer & Whitehouse: Gone Fishing** Bob and Paul are invited to fish in the estate lake of Burghley House, Lincolnshire. (S)(R)(AD)
10.30 **Newsnight** (S)
11.05 FILM **Safe Haven** Romantic thriller starring Julianne Hough and Josh Duhamel. A fugitive young woman falls in love with a widowed father while hiding in a small North Carolina town. (S) (2013, 12, 110min) ★★★
12.55 AM **Sign Zone: Countryfile** (S)(R)
1.50 **Sign Zone: Millionaire Superyacht: Why Ships Sink** (R)
2.50 **Sign Zone: Do You Know Your Place?** Kirkby Lonsdale. (S)(R)
3.20 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David and the team visit Nottingham's Albert Hall, where items include tourist treasures, a gold haul from around the world and an interesting item with the look of a Russian classic. (S)(R)(AD)
3.00 **Deal or No Deal** Stephen Mulhern hosts as Rickie takes on the infamous Banker. (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 The Dark

7.30 **Fletchers' Family Farm** Kelvin has his first go at using a pair of clippers to shear his sheep, but it does not go to plan when the battery dies as he's only halfway through one of the flock. (S)(R)(AD)
8.00 **Emmerdale** Mack is simmering with hatred towards Ross, while Kev is hit by a realisation. (S)(AD)
8.30 **Coronation Street** Kit pops the question but is completely unprepared for Sarah's response. (S)(AD)
9.00 **The Dark** New episode 2/6. When a second body is discovered, Kennedy begins to look for links between the victims that could give her an insight into the killer's MO. (S1) (S)(AD) ■ Entire series on ITVX
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Love & Death** *The Huntress:* 1/7. Fact-based crime drama starring Elizabeth Olsen. After a charged moment at a church volleyball match, Candy Montgomery proposes that she and Allan Gore have an affair. (S1) (S)(R)(AD)
11.45 **Twisted Twins** 1/2. Documentary exploring crimes involving identical twins. (S)(R)(AD)
12.40 AM **Teleshopping**
3.00 **Noel Edmonds' Kiwi Adventure** 1/3. Cameras follow the presenter in New Zealand. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Wheel of Fortune** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 13-15/26. (S10) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** (S11 & 1) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Help! We Bought a Village** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Narrow Escapes** Pat and Jill cruise the Leeds-Liverpool canal. (S)(R)
5.00 **Chateau DIY** Brothers Richard and Will travel across France in search of a château. (S)(R)(AD)
6.00 **Four in a Bed** The week's B&B competition begins at cosy pub The Courtyard in Falkirk. (S)(R)
6.30 **Come Dine with Me** Campervan-loving Angharad hopes to impress her guests with a taste of Wales on the first night in Cardiff. (S)(R)

9.00 24 Hours in A&E

7.00 **News** (S)
8.00 **Dover 24/7: Britain's Busiest Port** New edition Strong winds threaten to close the port to shipping, while Border Force officers discover young women being smuggled into the country. (S)(AD)
9.00 **24 Hours in A&E** New edition A 10-week-old baby is rushed in after choking on his milk, the bruising on Gerard's leg may be more serious than he realises, and fiftysomething Tony has a flesh-eating leg infection. (S)(AD)
10.00 NEW **How to Trick Your Way Onto the Property Ladder** Documentary film-maker Oobah Butler masterminds a range of stunts and tricks designed to help a young couple in Liverpool buy their first house. (S)(AD)
11.05 **Super Surgeons: A Chance at Life** Documentary. (S)(R)(AD)
12.05 AM **Secrets of the Celebrity Sex Tapes** New edition 4/8.The leaking of Colin Farrell's sex tape. (S)(AD) ■ Entire series on C4 streaming
12.55 **Ramsay's Kitchen Nightmares USA** From Philadelphia. (S)(SL)(R)
1.50 **Couples Come Dine with Me** (R)
2.45 **The Dog House** (S)(R)(AD)
3.40 **Jamie's One-Pan Wonders** (S)(R)
4.10 **Sunday Brunch** (S)(R)
4.15 **Hollyoaks Omnibus** (S)(SL)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **Castle** *Limelight:* 13/23. A pop star known for her hedonistic lifestyle is murdered. (S)(R)
3.55 **Castle** *Dressed to Kill:* 14/23. A murder occurs in the world of high fashion. (S6) (S)(R)
4.50 **Love Nature** A course of action that could change the shape of the coast nationwide. (S)(R)
5.00 **News** (S)
6.00 **Shetland: Scotland's Wondrous Isles** The residents of the island of Yell gear up for their annual show. (S)(R)
6.55 **News** (S)

9.00 Under Suspicion

7.00 **Motorway Cops: Catching Britain's Speeders** PC Moff McEwan hunts for a suspected cloned car that has been linked to a recent burglary. (S)(R)

7.55 **News** (S)

8.00 **Police Interceptors** New edition A driver hurls cans of oil at pursuing officers, leaving one unit temporarily disabled, but he resists arrest when he is eventually stopped and is Tasered. (S)

9.00 NEW **Under Suspicion: Tracie Andrews – Lover, Liar, Killer** Fact-based crime drama about the woman who claimed her partner Lee Harvey had been killed in a road-rage incident in 1996. Stars Emma Rigby. *See feature, page 11.* (S)

10.30 **Police: Night Shift 999** The first call of the night for the Gloucestershire officers is to an RTC in the country lanes, where the driver's car has landed on its roof. (S)(R)

11.30 **World Cup: Uncensored with Piers Morgan** New edition With guest John Terry. (S)
12.30 AM **Cops** (S)(R)
12.55 **Entertainment News** (S)
1.00 **Teleshopping** (S)(R)
2.00 **Build Your Dream Home in the Country** (S)(R)
3.45 **Friends** (S3) (S)(R)(AD)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings** (R)
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S5) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S8) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Predators** (S)(R)(AD)
1.00 PM **Hawaii Five-0** (S5) (S)(R)
3.00 **S.W.A.T.** (S6&7) (S)(R)(AD)
5.00 **The Simpsons** *My Life As a Vlog:* The story of the rise and fall of the family's vlog. (S)(R) **5.30** *The Real Housewives of Fat Tony:* Fat Tony and Selma get married. (S)(R)
6.00 **Animal Control** 1/12. Comedy following animal control workers in Seattle. (S)(R) **6.30** 2/12. Frank and Shred help a man with a python wrapped around his neck. (S1) (S)(R)

11.30 Animal Control

7.00 **The Simpsons** *The Many Saints of Springfield:* Ned Flanders falls on hard times. (S)(R) **7.30** *Carl Carlson Rides Again:* Carl discovers the origins of a mysterious rodeo buckle. (S)(R)

8.00 **Agatha Raisin** *Love, Lies & Liquor:* 2/4. The sleuth is whisked away on holiday, but she finds herself the prime suspect when a hotel guest is found murdered and has to find the culprit so she can clear her name. Stars Ashley Jensen. (S4) (S)(R)(AD)

10.00 **Never Mind the Buzzcocks** Greg Davies hosts, with guests Shaggy, Rosie Jones and Example. (S)(R)(AD) **10.45** With guests Maisie Peters, Lethal Bizzle and James Buckley. (S)(R)(AD)

11.30 **Animal Control** 1&2/12. Double bill of episodes. (S1) (S)(R)
12.30 AM **Grimm** 11/22. Newly gained artefacts take Nick and Monroe closer to the source of a long-gestating mystery. (S5) (S)(R)
1.30 **Road Wars** (S)(R)
2.00 **Best Medicine** New episode 7/13. Martin must hide his blood phobia while treating a seriously ill Louisa. (S1)
3.00 **Hawaii Five-0** (S5) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
8.30pm NEW SERIES Barra's Return of the Wild (S) **9.00-10.00** NEW The Twelfth (S) **10.40** I, Jack Wright New episodes (S) (AD) **12.10am** FILM Cowboys & Aliens (S) (2011, 12, 115min) ★★★ **2.05-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
7.00-7.30pm Sleigh – Our Lives New edition (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Saolta's Gaolta (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Ffasiwn Drefn (AD) **12.30** Heno **1.00** Straeon Harri Parri (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cynefin **4.00** Awr Fawr **5.00** Stwnsh **6.00** Rhys Patchell: Japan a'r Gic Olaf **6.30** Rownd a Rownd (AD) **6.59** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Sgwrs Dan y Lloer: Sarra Elgan **8.25** Garddio a Mwy New edition **8.55** Newyddion a'r Tywydd **9.00** NEW SERIES Cefn Gwlad **9.58** Y Tywydd **10.00** Ar Brawf (AD) **11.00-11.35pm** Ffasiwn Drefn (AD)

TV&Streaming week
New issue on sale tomorrow

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 FILM **Spider-Man** Comic-book adventure starring Tobey Maguire as a nerdy schoolboy who develops special powers after being bitten by a mutant spider and uses them to protect New York from evil forces. With Kirsten Dunst, Willem Dafoe and James Franco. (2002, 12, 121min) ★★★★
9.00 FILM **Spider-Man 2** Comic-book sequel starring Tobey Maguire. Tempted to abandon his secret identity as crime-fighting superhero Spider-Man, Peter Parker finds his special powers are required to combat a new criminal adversary. With Kirsten Dunst. (2004, PG, 127min) ★★★★
11.00 **Rivals: Messi v Ronaldo**
12.00 M'T **England 2006: The Golden Generation**
1.00 AM **World Cup 2010**
1.15 **To Catch a Stalker**
2.45 **World Cup 2022**
2.55 **to 3.55** AM **Stacey Dooley: Costa del Narcos**

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Today at the Test** England v India: Action from day four of the one-off women's Test at Lord's.
8.00 **Treasures of Ancient Greece** 1/3. The riches and unique legacy of Greek art.
9.00 **Andy Warhol's America** 3/3. The final edition examines the life of a much more cautious Andy Warhol, a man obsessed with money and security.
10.00 **The Sky at Night** New edition The team travel across Great Britain to investigate evidence that suggests the search for alien life may lie within Earth's own solar system.
10.30 **American Visions** 8/8. Work that responded to the Vietnam War and civil strife.
11.30 **Stolen: Catching the Art Thieves** Documentary.
12.30 AM **Treasures of Ancient Greece** As 8.00pm.
1.30 **The Man Who Discovered Egypt**
2.30 **to 3.30** AM **Andy Warhol's America**

MORE4

136/137 127 147 18 124 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary competition from Southend.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **George Clarke's Old House, New Home** George helps a nurse who needs to expand her tiny Edwardian workers' cottage and a couple who dislike the Italian-style interior of their detached home.
6.55 **Location, Location, Location** Kirstie Allsopp and Phil Spencer help two couples in the West Midlands.
7.55 **Grand Designs** Following an ambitious project to build a bespoke metal home next to an airfield runway.
9.00 **Bill Bailey's Vietnam** Bill heads to the mountainous region of Da Lat, a French-built hill station surrounded by pine forests, where he tries meditation with monks at the Truc Lam monastery.
10.00 **Bill Bailey Qualmpeddler** Stand-up show at London's Hammersmith Apollo, accompanied by light-hearted musical numbers.
11.05 **24 Hours in A&E**
1.15 AM **Emergency Helicopter Medics**
2.20 **24 Hours in A&E**
3.25 **to 3.50** AM **A Place in the Sun**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
7.30 **The Simpsons**
8.00 **Ramsay's 24 Hours to Hell and Back** Double bill.
10.00 **Below Deck**
11.00 **Modern Family**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons**
6.00 **Hollyoaks** Leah and Imran host a lavish dinner party. **6.30** Loyalties are tested as hidden truths surface.
7.00 **Hollyoaks** School is finally out for the summer.
7.30 **The Simpsons** *The Princess Guide:* Moe falls in love.
8.00 **Below Deck** New edition Following a difficult charter and an awful lot of infighting, the crew members spend two days off at a lavish villa.
9.00 **Gogglebox** Opinions on *The Mating Game, Squid Game* and *Strictly Come Dancing.*
10.00 **Gogglebox** *Killers of the Cosmos* and *Coronation Street* are appraised.
11.05 **Open House: The Great Sex Experiment**
12.05 AM **Naked Attraction's Best Naughty Bits**
1.10 **Below Deck**
2.10 **The Simpsons**
3.05 **Abbott Elementary**
3.30 **The Goldbergs**
4.20 **Brooklyn Nine-Nine**
5.05 **to 6.00** AM **Ramsay's 24 Hours to Hell and Back**

+1 hr 235/236 306 30 123 256

Monday primetime primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Border Security USA**
11.00 **Bull** 1/22. (S6)
12.00 NOON **FBI** 10&11/22. (S8)
2.00 PM **The Rookie** 10/22. Nolan wonders whether he and Bailey still have a future. (S4)
3.00 **Law & Order: Criminal Intent** 20/22. A suspected paedophile is decapitated and mutilated. (S7)
4.00 **Nothing to Declare**

9.00 Law & Order: SVU

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **The Rookie** *The Shake Up:* 17/20. A huge earthquake rocks the city, throwing the police patrols and the citizens into chaos. (S1)

9 PM
9.00 **Law & Order: Special Victims Unit** New episode *Showdown:* 8/21. A man claims his girlfriend has been kidnapped. (S27)

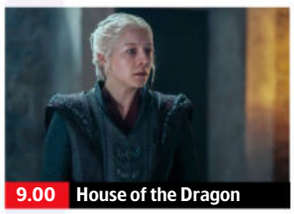
10 PM
10.00 **Law & Order: Criminal Intent** *Seizure:* 17/22. A serial killer enlists an accomplice. (S1)
11.00 **The Rookie** 7/22. (S4)
12.00 M'T **FBI** 8&9/22. (S8)
2.00 AM **FBI: International** (S2)
3.00 **Law & Order: Criminal Intent** 22/22. Bobby is haunted by the past. (S7)
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Air Ambulance ER**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Deadwood** 3&4/12. (S2)
10.00 **Homicide: Life on the Street**
12.00 NOON **Billions** 9&10/12. (S1)
2.10 PM **Succession** 1&2/10. (S4)
4.30 **Gomorrah** 3/12. A surprising event forces Genny to return to his old criminal ways. **5.30** 4/12. Genny is forced to confront demons from his past. Subtitled. In Italian. (S4)
6.30 **True Detective: Night Country** 5/6. Prior digs into the links between Tsalal and mining company Silver Sky. (S4)


9.00 House of the Dragon

7.40 **True Detective: Night Country** 6/6. As the truth about what happened to Annie and the Tsalal men unfolds, Navarro and Danvers confront demons from their past. (S4)

9.00 **House of the Dragon** New episode 4/8. *Game of Thrones* prequel following the story of House Targaryen. *See feature, page 7.* (S3)

10.15 **The Last of Us** *Please Hold to My Hand:* 4/9. Joel and Ellie continue their trip to Wyoming. (S1)
11.20 **The Last of Us** 5/9. (S1)
12.30 AM **Task** 6/7. The task force, Dark Hearts and Robbie converge in the woods. **1.40** 7/7. A revelation leads to a final confrontation. (S1)
2.50 **Succession** 1/10. (S4)
4.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.25 **Georgia and Tommy: Baby Steps** Reality series.
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Salt...**
11.15 **Real Housewives of Orange...**
12.10 PM **Dinner Date**
1.10 **Supermarket Sweep**
2.10 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** Reality series.
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

9.00 Love Island

7.00 **The Floor USA** New edition Rob Lowe hosts the US version of the dramatic and fast-paced game show.

8.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

9.00 **Love Island** New edition Relationship-based reality show in which singletons seeking a romance compete to find love.

10.05 **Love Island: The Debrief** New edition Daily *Love Island* reactions.
10.35 **G'wed** New episode *Almost Famous:* 6/7. The day of Aimee's stage debut arrives. (S3)
11.15 **Family Guy** 28&22/30. (S4)
12.15 AM **American Dad!** (S4)
1.10 **Bob's Burgers** 5&2/16. (S14)
2.05 **Plebs** 2/8. (S2)
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.20 **Heartbeat** Double bill.
1.30 PM **Midsomer Murders** *Death by Persuasion:* A woman is stabbed to death during a Jane Austen re-enactment.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Fallen Heroes:* A suitcase disappears from a crashed car and parcels of cash start being delivered.

5.50 Heartbeat

6.55 **Heartbeat** *Cold Turkey:* As Christmas comes to Aidensfield, the locals have their very own Scrooge to contend with.

8.00 **Midsomer Murders** *Sauce for the Goose:* The naked body of a business executive is found dumped in a factory machine, leaving Barnaby and Scott with a complicated mystery to unravel.

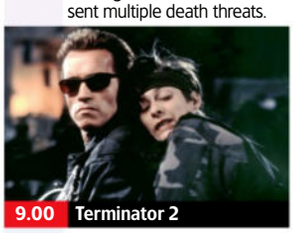
10.00 **Law & Order: UK** *Bad Romance:* 6/8. A blood-spattered hotel room and a stolen credit card lead detectives Ronnie and Joe to a young woman whose newborn baby has gone missing. (S8)
11.00 **Law & Order: UK** 7/8. (S8)
11.50 **Trial & Retribution** 2/2. (S3)
2.00 AM **George and Mildred**
2.25 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.05 **Dempsey and Makepeace**
9.05 **Boon**
10.15 **The Champions**
11.20 **BattleBots**
12.20 PM **Magnum, PI**
2.35 **Dempsey and Makepeace**
3.35 **Boon**
4.50 **The Champions** *The Interrogation:* Craig is captured in Hong Kong.
5.55 **Minder** *The Bengal Tiger:* Arthur and Terry help a newsagent who has been sent multiple death threats.


9.00 Terminator 2

7.00 **River Monsters** Stories of primordial bloodsuckers in the Pacific Northwest. **7.30** A freshwater giant in Russian's Amur River.

8.00 **The Motorbike Show** Henry Cole joins the Scooter Boys and uncovers the relationship they have with bikers.

9.00 **FILM Terminator 2: Judgment Day** Thriller sequel starring Arnold Schwarzenegger as a cyborg from the future that has been programmed to protect humanity's destined saviour. With Linda Hamilton. (1991, 15, 146min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.45 **Star Trek: Strange New Worlds** New episode 5/10. Sci-fi drama. (S1)
12.45 AM **Motorsport UK**
1.40 **BattleBots**
2.40 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: This Farming Life**
3.00 **Sign Zone: Beechgrove Garden**
3.30 **Sign Zone: Paramedics on Scene**
4.30 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **The Great Food Guys**
8.00 **The Mountain**
9.00 **Interior Design Masters with Alan Carr** 2/8. The designers turn hotel bedrooms into perfect love nests.
10.00 **River City** New episode Gillian's meddling backfires disastrously.
10.30 **Two Doors Down** 4/6. Michelle hosts a girls' night. (S5)
11.00 **Mrs Brown's Boys** 1/4. Agnes becomes a podcast sensation. (S5)
11.30 PM **to 12.00** M'T **Janey and Ashley Get a Real Job**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **Breeders** 1&2/10. (S3)
10.00 **Two Weeks to Live**
11.15 **Will & Grace** (S5)
12.15 PM **Avenue 5** (S2)
1.30 **Two Weeks to Live**
2.40 **Will & Grace** (S5)
3.40 **Hacks** 1&2/8. (S2)
5.00 **Community** (S5)
6.00 **Will & Grace** (S6)
7.00 **The Office (US)** 8/25. Jim and Pam reunite after several months apart. **7.30** 9/25. A new employee's prison record is revealed. (S3)
8.00 **Breeders** 1/10. The Worsleys are reeling in the wake of Luke punching Paul. **8.30** 2/10. Ally begins to feel the strain of being a single parent. (S3)
9.00 **Tom Davis: Underdog**
10.15 **Hacks** 1&2/8. (S2)
11.30 **Breeders** 1&2/10. (S3)
12.30 AM **Community** (S5)
1.30 **Avenue 5** 6-8/8. (S2)
3.30 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Pavarotti in the Park** From 1991.
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Classic Movies**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **Discovering**
4.00 **Guy Garvey: From the Vaults** Britpop.
5.00 **Portrait Artist 2020**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **André Rieu: Welcome to My World**
9.00 **Mozart: Genius for Hire**
10.30 **Mozart's Sister**
12.40 AM **Mozart: Magic Flute**
3.10 **Sing When You Are Winning: How Football Fans Became an Opera Chorus**
4.10 **Wordsworth & Coleridge Road Trip**
5.05 **to 6.00** AM **Classic Movies**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Border Patrol**
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 8/26. (S5)
5.00 **Stargate SG-1** (S7)
6.00 **Stargate Universe** (S1)
7.00 **Star Trek: The Next Generation** *Future Imperfect:* 8/26. Riker wakes up 16 years in the future. (S4)
8.00 **Police 24/7** Police plot to stop a fleeing car.
9.00 **FBI: Most Wanted** (S2)
11.00 **Star Trek: Enterprise**
12.00 M'T **Warehouse 13** (S5)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Celebrity Wheel of Fortune** With guests Tom Allen, Michelle Visage and Eddie Kadi.
2.00 **Tenable** Quiz show.
3.00 **The Chase Celebrity Special** With Ortis Deley, Maggie Aderin, Graeme Hall and Sarah Millican.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as another contestant tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show.
9.00 **Who Wants to Be a Millionaire? Christmas Special** Joe Marler and Katherine Ryan take part.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Riddiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Our Farm Next Door: Amanda, Clive and Kids** The Owens prepare for Clive's 70th birthday.
8.00 **George Clarke's Remarkable Renovations** The restoration of a former glassworks in Brighton.
9.00 **Grand Designs** A look back at the very first edition of the show.
10.00 **8 Out of 10 Cats Does Countdown**
11.05 **Celebrity Gogglebox**
12.05 AM **Gogglebox**
1.10 **Naked Attraction**
2.10 **Super Surgeons: A Chance at Life**
3.10 **Emergency Helicopter Medics** Documentary.
4.10 **to 5.10** AM **24 Hours in A&E**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S3)
2.00 **SurrealEstate** 6/10. (S2)
3.00 **Warehouse 13** 6/13. (S1)
4.00 **Stargate SG-1** 6/22. (S7)
5.00 **Star Trek: Voyager** 26/26. Part one of two. The crew encounter another Federation starship. (S5)
6.00 **Star Trek: Enterprise** 23/26. The crew members track two cyborg renegades. (S2)

10.00 Grimm

7.00 **Stargate Atlantis** *Phantoms:* 9/20. While on a mission, Sheppard and Ronon come under mind control. (S3)

8.00 **Stargate SG-1** *Lifeboat:* 6/22. Daniel's body is taken over by the personalities of spacecraft crash survivors. (S7)

9.00 **From** *The Heart Is a Lonely Hunter:* 6/10. Troubling news from the settlement makes its way back to town. (S4)

10.00 **Grimm** *Maiden Quest:* 4/22. A mobster sends three men on a quest to win his daughter's hand in marriage. (S5)
11.00 **The Walking Dead** 10/16. A seemingly simple scavenging run proves to be tricky. (S6)
12.00 M'T **SurrealEstate** 6/10. A neighbourly conflict draws the Agency into a feud. (S2)
1.00 AM **Warehouse 13** 6/13. (S1)
2.00 **The Walking Dead** (S6)
3.00 **From** As shown at 9.00pm.
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S5)
9.00 **Shakespeare & Hathaway: Private Investigators** (S1)
10.00 **The Mentalist** 21/24. (S4)
11.00 **Hudson & Rex** 14/20. (S5)
12.00 NOON **Unforgettable** (S4)
1.00 PM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries** (S5)
4.00 **The Mentalist** 21/24. (S4)
5.00 **Hudson & Rex** 14/20. (S5)
6.00 **Shakespeare & Hathaway: Private Investigators** 1/10. First episode of the crime comedy drama starring Mark Benton and Jo Joyner. (S1)

7.00 Private Eyes

7.00 **Private Eyes** *The Code:* 1/10. First episode of the crime comedy drama starring Jason Priestley and Cindy Sampson. (S1)

8.00 **Death in Paradise** *Steamy Confessions:* 2/9. The team are baffled when an archaeologist is poisoned during a dig. (S10)

9.00 **Death in Paradise** 4/8. The team join Naomi in Saint Barnabas when her best friend's father is killed at a wedding. (S12)

10.00 **Father Brown** *The Wheels of Wrath:* The arrival of a group of bikers in causes outrage and excitement in equal measure.
11.00 **Private Eyes** As 7.00pm.
12.00 M'T **Father Brown** *The Judgement of Man:* The priest becomes embroiled in an audacious art heist.
1.00 AM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries** (S5)
3.00 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.55 AM **Highlights**
9.10 **The Green Green Grass**
9.50 **Are You Being Served?**
10.25 **Last of the Summer Wine**
11.40 **Red Dwarf**
12.55 PM **Keeping Up Appearances**
1.35 **Dad's Army**
2.15 **Open All Hours**
2.55 **The Green Green Grass**
3.35 **Are You Being Served?**
4.10 **Dad's Army**
4.50 **Keeping Up Appearances**
5.30 **Last of the Summer Wine**
6.50 **Red Dwarf**

9.25 Not Going Out

7.25 **Red Dwarf** The crew members discover that their time on *Red Dwarf* was only a game.

8.00 **Keeping Up Appearances** Hyacinth takes delivery of a new three-piece suite.
8.45 **Dad's Army** Captain Mainwaring initiates a recruitment campaign.
9.25 **Not Going Out** Lucy runs over a rabbit belonging to the daughter of a client.

10.00 **Red Dwarf** Lister's quest for a vindaloo takes him to Dallas in 1963. **10.35** Rimmer's alter ego returns to the *Starbug*.
11.15 **Mrs Brown's Boys** Agnes tries out internet dating.
11.55 **Bottom** Richie and Eddie's TV set is repossessed.
12.35 AM **Not Going Out**
1.15 **Men Behaving Badly**
1.50 **Mrs Brown's Boys**
2.25 **to 4.00** AM **Hi-de-Hi!**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.30 AM **Robson Green's Weekend Escapes**
8.25 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's Road to Mexico**
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **The Lakes with Simon Reeve**
4.00 **The Hairy Bikers' Bakeation**
5.00 **Rick Stein's Road to Mexico** The seafood chef travels from San Diego to Tijuana. **6.00** Rick explores the home of tequila – Guadalajara.

8.20 Would I Lie to You?

7.00 **Mortimer & Whitehouse: Gone Fishing** Paul and Bob venture to Ireland
7.35 **Would I Lie to You?** Unseen material from the comedy panel show.
8.20 **Would I Lie to You? at Christmas** Guests include Victoria Coren Mitchell and Naga Munchetty.

9.00 **Have I Got a Bit More 2022 News for You** Compilation edition, revisiting the biggest news stories of 2022.

10.00 **QI XL** Sandi Toksvig looks at a range of Unrelated U topics with Tom Allen, Chris McCausland, Lou Sanders and Alan Davies.
11.00 **8 Out of 10 Cats** With Ed Gamble and Ranj Singh.
12.00 M'T **Mock the Week**
12.35 AM **Would I Lie to You?**
1.15 **Would I Lie to You? at Christmas** As 8.20pm.
1.55 **QI XL** With Holly Walsh.
3.00 **to 4.00** AM **8 Out of 10 Cats**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.25 AM **The Bill**
8.15 **Doctors**
9.30 **Classic Holby City**
10.50 **Casualty**
11.50 **The Bill**
12.55 PM **Classic EastEnders**
2.15 **Tenko**
3.20 **Pie in the Sky**
4.20 **Lovejoy**
5.20 **Waiting for God**
6.00 **Last of the Summer Wine** Billy promises the gang a barbecue in the great outdoors. **6.40** Nora Batty spots Alvin with a mystery woman.

5.20 Waiting for God

7 PM

7.20 **Last of the Summer Wine** Billy finds a new recruit for his Merry Men with excellent credentials.

8 PM

8.00 **The Brokenwood Mysteries** *Over Her Dead Body:* 2/4. The coffin of local poet Declan O'Grady falls from the hearse revealing that the corpse inside is not his but a young woman identifiable only by a notable tattoo. (S3)

9 PM

10 PM

10.00 **New Tricks** *The Fame Game:* The team look into a lookalike agency whose top two acts were found dead in an apparent double suicide.
11.20 **Silent Witness** *Sniper's Nest:* Nikki and Jack are called to a petrol station where three people have been shot dead.
1.35 AM **Lovejoy**
2.40 **Waiting for God**
3.10 **to 4.00** AM **Harry Wild**

+1 hour 243 316 60 260

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 12–14/21. (S19)
11.55 **Law & Order** (S2&3)
6.05 PM **NCIS** *Love Lost:* 7/22. Murderous accusations are made against the Secretary of the Navy. **7.00** *Turkey Trot:* 8/22. An unknown shooter causes chaos at an annual run. **8.00** *Higher Education:* 9/22. The agents investigate the death of a college student. (S20)
9.00 **NCIS: Hawaii** New episode *Operation Red Rabbit:* 6/10. When the fiancé of a vanished naval officer seeks the help of NCIS, the team reveal his secrets go much deeper than she suspected. (S3)
10.00 **Law & Order: Special Victims Unit** (S13&12)
1.55 AM **Blue Bloods** (S11)
2.55 **to 3.50** AM **Bull**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** At Barnsley Casualty, the team struggle to clear a backlog of patients.
9.00 **Ambulance: Code Red**
10.00 **A&E After Dark**
11.00 **Skin A&E** Documentary.
12.00 M'T **999: Killer on the Line** Dominic Isom.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Skin A&E**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Winter Road Rescue**
9.35 **Trucking Hell**
10.35 **Police Interceptors**
11.35 **Gunsmoke** (S12)
12.35 PM FILM **The Walking Hills** Western. (1949, b/w, PG, 78min) ★
2.15 FILM **Horizons West** Western adventure. (1952, PG, 81min) ★★
4.00 **The Motorway**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Two men with sledgehammers try to break into a supermarket.
9.00 **Police Interceptors**
10.00 **Highway Thru Hell**
11.00 **The X-Files** 19/24. (S4)
12.00 M'T **Shoplifters: Caught Red Handed**
1.00 AM **Outback Truckers**
2.05 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **The Supervet**
6.00 **DIY SOS: The Big Build**
8.00 **999 Rescue Squad** The crew deal with a suspected acid attack.
9.00 NEW SERIES **Outback Terror: The Falconio Murder** 1/2. The case of British tourist Peter Falconio, who was killed in the Australian Outback. **10.00** Series finale 2/2. As the experts apply a modern lens to the crime, clues point to an abandoned racecourse.
■ Entire series on U
11.00 **Nurses on the Ward**
1.00 AM **Amanda & Alan's Italian Job**
1.45 **to 3.00** AM **Death at the Mansion: Rebecca Zahau**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Bangers & Cash**
10.00 **Battle Honours**
11.00 **The Great War in Numbers** Documentary.
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Battle Honours**
5.00 **The Great War in Numbers** Documentary.
6.00 **Antiques Roadshow**
7.00 **Frozen Planet II** The work of scientists studying the effects of climate change.
8.00 **1066: A Year to Conquer England** Dan Snow explores events leading up to the Battle of Hastings.
9.00 **Fake or Fortune?**
10.00 **Bangers & Cash**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Robson Green's Weekend Escapes**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Cornwall.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **The Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House** A man hopes to shift his collection of Asian ornaments.
8.00 **Antiques Road Trip** Charles Hanson and Raj Bisram arrive in Devon, where Raj takes a risk in the hope of making some serious money.
9.00 **The Yorkshire Auction House** Double bill.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

MONDAY Entertainment

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S4)
9.00 **Doctor Finlay** (S2)
10.00 **Highway to Heaven**
11.00 **Little House on the Prairie** 1&2/25. (S1)
1.00 PM **The Waltons** (S4)
4.00 **Little House on the Prairie** 1&2/25. (S1)
6.00 **Ballykissangel** (S6)
7.00 **M*A*S*H** 5/26. Part two of two. Clete Roberts continues interviewing the 4077th. **7.30** 6/26. Charles fails to land a medical post back home. **8.00** 7/26. The 4077th start to feel the heat. **8.30** 8/26. Charles gets grounded. **9.00** 9/26. Charles becomes a celebrity. (S7)
9.35 **M*A*S*H** (S7)
1.25 AM **Rising Damp** (S3)
1.55 **Man About the House**
2.25 **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.00 AM **FILM The Virginian** Western adventure. (2014, 12, 90min) ★★
11.00 **Tombstone Territory**
12.00 NOON **The High Chaparral** Double bill.
2.00 PM **Wanted: Dead or Alive** 26/36. (S1)
2.30 **FILM Junior Bonner** Western drama. (1972, PG, 103min) ★★★
4.45 **FILM Supercell** Drama. (2023, 12, 100min) ★★
7.00 **FILM Chief of Station** Action thriller starring Aaron Eckhart. (2024, 15, 97min) ★★
9.00 **FILM Valkyrie** Thriller. (2008, 12, 115min) ★★★
11.35 **FILM Master Gardener** Crime thriller. (2022, 15, 111min) ★★★★
2.00 AM **Dragon Ball Super**
3.00 **Coast Guard Alaska**
3.50 **FILM Asteroid: Final Impact** Disaster thriller. (2015, PG, 86min) ★
5.25 **to 6.00** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM **FILM Garage Sale Mysteries: The Wedding Dress** Drama. (2015, PG, 83min) ★★
10.05 **FILM An Emma Fielding Mystery: Past Malice** Thriller. (2018, PG, 90min) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S3)
2.00 **Castle** 23/24. (S3)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 24/24. (S3)
8.00 **Unforgettable** (S2)
9.00 **In Plain Sight** (S3)
10.00 **Hailey Dean Mysteries**
11.55 **FILM An Aurora Teagarden Mystery: Real Murders** Drama. (2015, PG, 90min) ★★
1.45 AM **FILM Nightmare Neighbourhood Moms** Thriller with Gina Simms. (2022, 12, 90min) ★★
3.25 **to 5.00** AM **FILM The Wedding Stalker** Thriller. (2017, PG, 89min) ★★

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM **FILM Fashionably in Love** (2023, PG) ★★
10.05 **FILM Welcome to Valentine** Romance. (2023, PG, 85min) ★★
12.00 NOON **FILM Cupids on Beacon Street** Comedy. (2021, U, 90min) ★★
2.00 PM **FILM Love's Last Resort** Romantic drama. (2017, PG, 85min) ★★
3.55 **FILM Love is on the Air** Drama. (2021, PG) ★★
5.45 **FILM Accidentally in Love** Romantic comedy. (2021, PG, 88min) ★★
7.40 **FILM The Royal Bake Off** Romantic comedy. (2023, PG, 90min) ★★
9.40 **FILM The Baker's Son** Romantic fantasy. (2021, PG, 84min) ★★
11.45 **FILM The Soulmate Search** Romantic drama. (2024, PG, 89min) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Love's Last Resort** As 2.00pm.

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Home and Garden**
1.00 PM **Celebrity Coach Trip**
2.00 **Love Your Home and Garden** DIY series.
3.00 **Garden Rescue**
4.00 **Robson Green's Weekend Escapes**
4.45 **This Farming Life**
6.00 **Love Your Garden**
7.00 **BSL Zone: Small World**
7.30 **Queer Lives Today**
8.00 **Garden Rescue**
9.00 **Case Sensitive** 1/2. Crime thriller starring Olivia Williams, Darren Boyd and Rupert Graves.
10.00 **BSL Zone: Small World**
10.30 **FILM Strip Poker** Drama. (1968, 18, 80min) ★★
12.00 M'T **FILM Come Play with Me** Adult comedy. (1977, 18, 90min) ★★
2.00 AM **Case Sensitive** (S1)
3.00 **This Farming Life**
4.15 **to 5.00** AM **Robson Green's Weekend Escapes**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Doctor at Large**
10.30 **Mother's Ruin** 2/6. (S1)
11.00 **The Fenn Street Gang**
11.30 **Frankie's On** 2/4. (S1)
12.00 NOON **Man in a Suitcase**
1.00 PM **Agony** 4/6. (S1)
1.30 **The Gaffer** (S2)
2.00 **Second Thoughts** (S2)
2.30 **The Fenn Street Gang**
3.00 **Hank the Cowboy**
3.15 **We Had One of Those**
3.25 **Boon** 13/13. (S4)
4.30 **Old Country** (S1)
5.00 **Stereo Underground**
6.00 **The Gaffer** 7/7. (S2)
6.30 **Only When I Laugh**
7.00 **Mother's Ruin** 2/6. (S1)
7.30 **Doctor at Large** (S1)
8.00 **Man in a Suitcase** (S1)
9.00 **Drop the Dead Donkey**
10.00 **Naughty!**
11.45 **FILM CB Hustlers** Thriller. (1976, 18, 85min) ★★
1.15 AM **Stereo Underground**
2.15 **We Had One of Those**
2.25 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Extinct or Alive**
10.00 **Deadliest Catch**
12.00 NOON **The Alaska Triangle** Documentary.
1.00 PM **Expedition Unknown: Hunt for Extraterrestrials**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** John and Andy fight to save their boat. **8.00** Jack braves treacherous tidal currents, and chaos strikes the *Wizard*.
9.00 **Dr Jeff: Rocky Mountain Vet**
10.00 **Life at Vet University**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **The Hairy Bikers' Mediterranean Adventure** Sardinia.
7.00 **The Hairy Bikers' Northern Exposure**
8.00 **Delicious Miss Brown**
9.00 **Jamie's Easy Meals for Every Day** Double bill.
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Brittany** From Dinan.
1.30 **James Martin's Champagne**
3.00 **The Hairy Bikers' Northern Exposure**
4.00 **The Pioneer Woman**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **James Martin's Spanish Adventure** A culinary trip to the Costa del Sol. **10.00** From Cordoba.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 14/28. (S1)
9.00 **T.J. Hooker** 9/19. (S5)
10.00 **Babylon 5** 2/22. (S2)
11.00 **FILM The Curse of the Mummy's Tomb** Horror. (1964, 15, 80min) ★
12.35 PM **FILM King Kong** Monster movie. (1976, PG, 130min) ★★★
3.10 **FILM The Land That Time Forgot** Adventure. (1974, PG, 91min) ★★★
5.00 **Star Trek** 16/24. (S3)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 3/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 **FILM xXx** Action thriller starring Vin Diesel. (2002, 12, 124min) ★★
11.35 **FILM The Replacement Killers** Action thriller. (1998, 18, 86min) ★★
1.25 AM **FILM Bushwick** Fast-paced action thriller. (2017, 15, 94min) ★★
3.15 **to 5.00** AM **FILM Stagecoach** Western. (2016, 15, 90min) ★★

Legend Xtra

316 316 171 69 138 51

9.00 AM **FILM Flight World War II** Sci-fi thriller. (2015, 12, 85min) ★★
11.00 **Andromeda** 17/22. (S3)
12.00 NOON **FILM Doomwatch** Drama. (1972, 12, 92min) ★★★
2.00 PM **The Gambler III: The Legend Continues** 1/2. Western drama.
4.00 **Walker, Texas Ranger**
5.00 **FILM Mega Storm: Days of Destruction** Thriller. (2011, PG, 89min) ★★
7.00 **Andromeda** 18/22. (S3)
8.00 **The A-Team** 13/23. (S2)
9.00 **FILM 3 Days to Kill** Action thriller starring Kevin Costner. (2014, 12, 117min) ★★★
11.25 **FILM Vengeance: A Love Story** Thriller. (2017, 15, 99min) ★★
1.30 AM **FILM Man Down** Drama. (2015, 15) ★★
3.15 **FILM Mega Storm: Days of Destruction**
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Oswestry.
6.45 **Pawn Stars** Double bill.
7.30 **Full Custom Garage**
8.25 **Junk & Disorderly**
9.20 **Storage Hunters**
1.05 PM **Pawn Stars**
2.05 **Junk & Disorderly**
3.05 **Full Custom Garage**
4.05 **Ancient Aliens**
5.00 **UFO Chronicles**
6.00 **Storage Wars Canada**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **Secrets in the Sand** How human resilience and conflict shaped life in the world's deserts.
10.00 **Secrets in the Dark**
11.00 **Mysteries Unearthed with Danny Trejo**
12.00 M'T **Discovered by Disaster** Documentary.
1.00 AM **UFO Chronicles**
2.00 **Mysteries from Above**
3.00 **Junk & Disorderly**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
11.00 **Ben Fogle: New Lives in the Wild**
12.00 NOON **All Creatures Great and Small** (S2)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Coastal Adventures with Helen, Jules & JB**
6.00 **Great British Bike Rides**
7.00 **Ben Fogle: New Lives in the Wild** Ben meets a nomad travelling across the United States. **8.00** Ben catches up with his unique former 'Stone Age' host Lynx.
9.00 **Nick Knowles in South America** Nick visits the Chilean lake district.
10.00 **Holidaying with Jane McDonald** St Lucia.
10.55 **Prisoner: Cell Block H**
1.00 AM **Murder, She Wrote**
3.00 **Coastal Adventures with Helen, Jules & JB**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **Celebrity Who Wants to Be a Millionaire?**
5.00 **The Bidding Room**
6.00 **Tenable** Five members of a Surrey bowling club take part in the quiz.
7.00 **The Chase Celebrity Special** With Sam Quek, Basil Brush, Andi Peters and Charlie Higson.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** With guests Josie Long, Colin Jackson, Anne Diamond and Nicky Campbell.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.30** 22/24. Penny's ex-boyfriend offers her a new job. (S10)
9.00 **Unacceptable** With Guz Khan, Maisie Adam and Chris McCausland.
10.00 **FILM I Love You, Man** Comedy starring Paul Rudd and Jason Segel. An LA real-estate agent tries to find someone to act as Best Man. (2009, 15, 100min) ★★★★
12.00 M'T **Mike & Molly**
1.00 AM **Dr Pimple Popper**
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Friends** (S5&4)
9.00 **Everybody Loves Raymond** 19-22/22. (S1)
11.00 **The Upper Hand**
1.00 PM **Friends** (S4)
9.00 **Stupid Central** New editions Top five wardrobe malfunctions. **9.30** Featuring clips of awkward teenagers.
10.00 **Mr Bean** A trip to the dentist ends badly. **10.30** The hapless hero performs first aid.
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **Most Ridiculous**
1.00 AM **Utopia** Series finale 8/8. Nat and Ash work out who owns the title on a historic project. (S5)
1.35 **South Park** (S5)
2.35 **Kevin Bridges: The Brand New Tour**
3.30 **Dara O Briain: Craic Dealer** Stand-up show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S1)
6.50 **Modern Horror Stories**
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Show** As 7.00pm.
11.00 **Friends** (S2)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** 17-20/22. (S1)
7.00 **Michael McIntyre's Big Show** With guests Cheryl, Peter Andre and George Ezra.
8.00 **The Upper Hand** (S2)
9.00 **Friends** (S5&4)
1.00 AM **8 Out of 10 Cats**
1.50 **Michael McIntyre's Big Show** As 7.00pm.
2.50 **Most Ridiculous**
3.35 **New Girl** 6-9/22. (S6)
5.10 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **Highlights**
10.05 **Bread** 13/14. (S5)
10.45 **Steptoe and Son** (S7)
11.20 **Oh, Doctor Beeching!**
11.55 **Rising Damp** 5/7. (S3)
12.25 PM **Man About the...**
12.55 **Goodnight Sweetheart**
1.35 **When the Boat Comes In** 6/15. Drama. (S3)
2.40 **Minder** 1/13. (S3)
3.45 **Just Good Friends**
4.25 **Man About the House**
4.55 **Bread** 13/14. (S5)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.10 **Rising Damp** 4/7. (S3)
6.40 **Steptoe and Son** (S7)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 9/13. (S9)
9.00 **Benidorm** 3/7. (S5)
9.55 **Shameless** 4/8. (S4)
11.00 **Man About the House**
11.30 **Mind Your Language**
12.05 AM **Benidorm** 3/7. (S5)
1.00 **Minder** 5/13. (S3)
2.05 **Duty Free** 5/7. (S1)
2.30 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

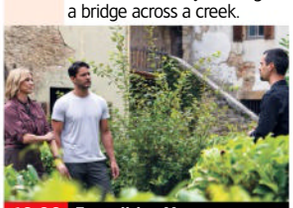
6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
11.00 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: Scammed** Reality series.
1.00 PM **Catfish: The TV Show** Double bill.
3.00 **Catfish: Love Triangles**
4.00 **Judge Judy**
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Catfish UK** James has met his dream guy online, but he refuses to meet in person.
8.00 **Judge Judy** Real-life small-claims cases.
9.00 **Skin A&E** Dr Toby helps a part-time witch.
10.00 **Tattoo Fixers**
11.00 **Geordie Shore**
12.00 M'T **Ridiculousness**
1.00 AM **Ink Master**
2.45 **Ink Master Redemption**
3.35 **to 4.00** AM **Just Tattoo of Us USA**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush: White Water**
11.00 **Buying Alaska**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions.
5.00 **Alaska: Homestead Rescue** The Raneys are faced with the daunting task of overhauling a faulty electrical system. **6.00** The Raneys try to save a single mother from a rampant moose, with Marty building a bridge across a creek.



10.00 Expedition X

7.00 **Shorty's Dream Shop** The owner of 1956 Bel Air has had some bad luck with his car going from shop to shop.
8.00 **The Woodland Workshop** Chainsaw artist Ella carves a gigantic Tibetan dragon-themed chair out of a trunk of redwood.
9.00 **Maine Cabin Masters** Builder Chase Morrill and the team transform a secluded one-room shack into a relaxing retreat.
10.00 **Expedition X** Heather and Phil travel to a haunted château and investigate terrifying stories of hostile ghosts.
11.00 **Expedition X** Phil and Heather explore the Rock of Gibraltar's tunnels.
12.00 M'T **Deadliest Catch**
1.00 AM **Maine Cabin Masters**
2.00 **Expedition X** As 10.00pm.
3.00 **Edge of Alaska**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Saved by the Barn**
10.00 **Tanked** With Howie Mandel.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell**
5.00 **Lone Star Law** Game Warden Boone responds to reports of a venomous rattlesnake.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff gives hope to a worried owner when their beloved dog is diagnosed with cancer, and a rescue tiger finds love.

7.00 Treehouse Masters

7.00 **Treehouse Masters** Pete Nelson goes behind the scenes of the past series to revisit some of his favourite projects.
8.00 **Alaska Monsters** The team head to southern Alaska to investigate sightings of a bigfoot-like creature.
9.00 **Alaska: The Last Frontier** Otto and Charlotte defend against the homestead's first predator attacks.
10.00 **Alaskan Bush People: Book of Bam** An interview with Bam Bam Brown, who often serves as taskmaster.
11.00 **The Haunted** A girl is attacked by an invisible entity.
12.00 M'T **Crikey! It's the Irwins** Terri helps release a wild leopard in South Africa.
1.00 AM **Intruders**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Mega Marine Machines**
11.00 **Car S.O.S**
12.00 NOON **Seconds from Disaster**
1.00 PM **Air Crash Investigation**
2.00 **Nazi Megastructures**
4.00 **Strangest Things** An ancient skeleton found in Poland.
5.00 **Drain the Oceans: Secrets of the Spanish Armada** A secret discovered in the wrecks from the Spanish Armada.
6.00 **World War II: Secrets from Above** Stalin wages an offensive against Berlin.

8.00 Disaster Autopsy

7.00 **Air Crash Investigation** A terror attack is suspected when a plane explodes after taking off from New York.
8.00 **Disaster Autopsy** New edition The collision of a cargo vessel that collapsed the Scott Key Road Bridge in Baltimore.
9.00 **Air Crash Investigation** The 1996 collision between a Kazakhstan Airlines jet and a Saudi Airways plane at 14,000ft.
10.00 **Plane Crash Recreated** A look at how a Boeing 747 jumbo-jet suffered a fatal decompression that ripped off most of the tail.
11.00 **Air Crash Investigation** The cause of a deadly rollercoaster ride in the sky.
12.00 M'T **Inside Melbourne Airport** An airport visitor faces an unexpected mishap.
1.00 AM **To Catch a Smuggler**
2.30 **Bid & Destroy**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

Sky History

123/124 115/116 131 353 368

6.00 AM **Curse of Skinwalker Ranch** Dr Travis Taylor reveals the phenomena discovered at the Triangle.
6.30 **Hardcore Pawn**
9.15 **Pawn Stars** Vintage posters.
10.10 **Storage Wars** Four editions.
12.00 NOON **The UnXplained with William Shatner**
1.00 PM **Secrets Declassified with David Duchovny**
2.00 **Digging for Britain**
6.00 **American Pickers** Mike Wolfe and Jersey Jon sift through a tidal wave of early technology.

10.00 UFO POV

7.00 **Forged in Fire** Two champions face the challenge of recreating one of history's most famous swords, the Tizona.
8.00 **Secrets in the Ice** A body buried on the Himalayas' Killer Mountain, and the discovery of the remains of a woolly mammoth.
9.00 **Secrets Declassified with David Duchovny** New edition The actor uncovers the audacious operations of Red Cell.
10.00 **UFO POV** Eye-witness accounts and innovative special effects show what UFOs might see from their own perspective.
11.00 **UFO POV**
12.00 M'T **Digging for Britain**
2.00 AM **World War II with Tom Hanks** New editions A look at how the tide began to turn against the Axis powers. **3.00** The resistance to Nazi occupation and oppression.
4.00 **Secrets Declassified with David Duchovny** As 9.00pm.
5.00 **to 6.00** AM **Storage Wars**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Eighties**
7.00 **Discovering Tommy Lee Jones**
8.00 **The Directors**
9.00 **The Movies**
10.00 **The Civil War**
11.05 **History of the Sitcom**
12.00 NOON **Laurel and Hardy: Their Lives and Magic**
2.00 PM **FILM Dogtown and Z-Boys** Documentary. (2001, 15) ★★★
3.45 **My Icon: Solomon Wilcots**
4.00 **The Directors**
5.00 **Discovering Tommy Lee Jones**
6.00 **FILM The Alpinist** Documentary. (2021, 12) ★★★★

2.00 Dogtown and Z-Boys

7.50 **Lancaster** The story of the bomber synonymous with the Dambusters, the night raids against Germany and the brave men and women who made them possible.
10.00 **I Am Johnny Cash** A celebration of the country singer-songwriter built around 12 of his classic tracks spanning four decades, and featuring interviews with his family and friends.
11.45 **Val** Documentary.
1.45 AM **Villeneuve Pironi: Racing's Untold Tragedy**
3.45 **My Icon: Ryan Atkin**
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Leonardo DiCaprio**

Monday

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Crystal Hunters** Double bill.
1.00 PM **Ant Anstead: Born Mechanic**
2.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** From Shropshire.
6.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip**
8.00 **Shed and Buried: Classic Cars**
9.00 **Shed and Buried**
10.00 **MotoGP Highlights** Action from the Grand Prix of Germany.
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress: UK** Double bill.
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Disappeared**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Nurses Who Kill**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories** A couple who were scammed by a fraudulent surrogate.
8.00 **Murder on CCTV**
9.00 **Faking It: Tears of a Crime** A young mother's disappearance.
10.00 **Deadliest Mums & Dads**
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** A look at the case of Katie Wilding.
8.00 **UK Crime Files: Wicked Beyond Belief** The story of the murder of 84-year-old Betty Guy.
9.00 **UK Crime Files: Confession of Murder** The case of Katie Rackliff, who was killed in Farnborough.
10.00 **Donal MacIntyre's Killer Evidence** A man who killed his parents.
11.00 **Secrets of a Murder Detective** Sian Blake.
12.00 M'T **UK Crime Files: Wicked Beyond Belief**
1.00 AM **UK Crime Files: Confession of Murder**
2.00 **Donal MacIntyre's Killer Evidence**
3.00 **Murder UK**
4.00 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: A Random Murder**
9.55 **UK Crime Files: Murder of Rachel Manning**
11.00 **Secrets of a Murder Detective** Ayesha Ali.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: Parachute Murder Plot**
3.00 **UK Crime Files: Deadly Taxi Driver** The case of Catherine McChord.
4.00 **Secrets of a Murder Detective** The story of Sophie Lionnet's murder.
5.00 **Medical Detectives** Four editions, including at: **6.00** A murderer attempts to destroy all evidence of his crime. **6.30** Delving into the unsolved 1984 case of a murdered young woman.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Cops**
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Britain's Most Evil Killers**
12.00 NOON **The Suzy Lamplugh Mystery**
1.00 PM **Murdered at First Sight** Tashan Daniel.
2.00 **World's Most Evil Killers**
3.00 **Killing Mum and Dad**
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **The Real CSI: Miami**
10.00 **Killing Mum and Dad**
11.00 **How I Caught the Killer**
12.00 M'T **World's Most Evil Killers** Lester Jones.
1.00 AM **Catching the Killer**
2.00 **Murdered at First Sight**
3.00 **Caribbean Cops**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered: Earth's Extremes**
8.35 **Treasures Decoded**
9.35 **Planet of the Plates**
10.50 **The Roman Fleet**
11.55 **The War** As 9.35pm.
1.00 PM **Weathered: Earth's Extremes**
1.35 **Treasures Decoded**
2.35 **Planet of the Plates**
3.55 **The Roman Fleet**
5.00 **The War** As 9.35pm.
6.10 **Treasures Decoded**
7.15 **Planet of the Plates** Scientists unpack the geologic process of plate tectonics tied to the existence of life.
8.30 **The Roman Fleet** Constructing a full-scale historical replica of a Roman ship.
9.35 **The War** An examination of the Allied campaign in Italy during early 1944.
10.50 **Planet of the Plates**
12.00 M'T **The Roman Fleet**
1.10 **to 2.00** AM **Weathered: Earth's Extremes**

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Hope for Wildlife**
7.00 **Monkey Life**
8.00 **Orangutan Jungle School**
9.00 **Great Blue Wild**
10.00 **Gladiators**
11.00 **Secrets of the Enchanted Waters** Documentary.
12.00 NOON **Australia's Hidden Islands** Documentary.
1.00 PM **Monkey Life**
2.00 **Orangutan Jungle School**
3.00 **Great Blue Wild**
4.00 **Gladiators**
5.00 **Secrets of the Enchanted Waters** Documentary.
6.00 **Australia's Hidden Islands**
7.00 **Monkey Life** Double bill.
8.00 **Surviving the Amazon**
9.00 **Superbeast** Nature's athletes.
10.00 **Australia's Hidden Islands**
11.00 **Secrets of the Enchanted Waters** Documentary.
12.00 M'T **Land of Primates**
1.00 AM **Hope for Wildlife**
2.00 **Surviving the Amazon**
3.00 **Superbeast** As 9.00pm.
4.00 **Orangutan Jungle School**
5.00 **to 6.00** AM **Great Blue Wild**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Life After People**
9.00 **Combat Ships**
10.00 **Secret Wars Uncovered**
11.00 **Ancient Aliens**
1.00 PM **Digging for Britain**
6.00 **Mysteries from Above**
7.00 **UFO Hunters** A look at the 1974 Coyame and 2007 Xilitla UFO crash cases in Mexico, where the Mexican and American military reportedly recovered wreckage material.
8.00 **Hell on Earth: WWII** Documentary examining World War Two in its third year with battlefields in Eastern Europe, North Africa and the Pacific.
9.00 **The Proof Is Out There: Unexplained Edition** Footage of unexplained ocean events.
10.00 **Killer Kings** The case against King John, who was known for his cruelty and treachery.
11.00 **Ancient Aliens** Double bill.
1.00 AM **UFO Hunters**
2.00 **Digging for Britain**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **NASA's Unexplained Files**
11.00 **The Dino Hunters**
1.00 PM **Truth Behind the Moon Landing** Double bill.
3.00 **Killers of the Cosmos**
6.00 **How Do They Do It?**
9.00 **Truth Behind the Moon Landing** Experts examine the disappearance of tapes from the Apollo 11 moon landing. **10.00** A look at claims about the US flag on the moon.
11.00 **NASA's Unexplained Files** Interviews with astronauts and scientists shed light on the many mysterious flying objects that have been caught on NASA's cameras, and explore the idea of extraterrestrial life. **12.00** M'T An account of how a malfunction on the ISS threatens to poison the crew with a deadly gas, and a startling image taken by a NASA probe points to evidence of life on Mars.
1.00 AM **Killers of the Cosmos**
4.00 **to 6.00** AM **Secrets Underground**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Fugitive Hunters: Mexico**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Robbie Coltrane's Critical Evidence** Triple bill.
2.00 PM **Green Eyed Killers**
3.00 **Sunshine Slayings**
6.00 **On the Case with Paula Zahn**
7.00 **The First 48**
8.00 **Green Eyed Killers** A young woman is gunned down by her ex after a terrifying pursuit.
9.00 **Murder at the Motel** A soldier is found murdered at a motel in California.
10.00 **Look What You Made Me Do** A young girl wakes up to find her father and sister missing.
11.00 **Sunshine Slayings**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **The Death Investigator with Barbara Butcher** New edition
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: North Carolina** Documentary.
10.00 **America's Wild Southwest**
11.00 **Fish Tank Kings**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Snakes in the City**
2.00 **Heartland Docs**
3.00 **Shark Men**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo** Doctors rush to save a cougar with an abscess.
8.00 NEW **World's Biggest Mako** Scientists search for giant mako sharks in the waters north of New Zealand.
9.00 **Perfect Predator** A look at how sharks have evolved to be the perfect predator.
10.00 **Northwoods Survival**
11.00 **Ice Road Rescue**
12.00 M'T **Alaska Animal Rescue**
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Fish Tank Kings**

Discovery History

161/172 147 181

7.00 AM **Bullet Points**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **Aliens in Alaska**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** Experts explain the importance of supermassive black holes.
8.00 **Bullet Points** Examining history's most important battles, beginning with engagements in the Pacific that turned the tide of World War Two.
9.00 **Legendary Locations** Exploring six areas where people risked everything for love.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Secrets of the London Underground** Four editions.
1.00 PM **Secrets of the London Underground** Four editions.
5.00 PM **Villages by the Sea**
5.40 **Citizen Smith**
8.20 **Citizen Smith** 8/8. The Tooting Popular Front takes action by hijacking a tank and driving it down to Westminster. (S3) **9.00** 1/7. The members of the Tooting Popular Front are put in prison and are in desperate need of a plan. **9.40** 2/7. The members of the Front return to Tooting after being released from prison. **10.20** 3/7. The Tooting Popular Front takes a stand against apartheid when it discovers tour plans of the South African rugby team. **11.00** 4/7. Wolfie lands himself in trouble when he comes face to face with hardened criminal Ronnie Lynch. Stars Robert Lindsay. (S4)
11.40 PM **to 6.00** AM **Citizen Smith**

+1hour 266 376

ID

154 140 166

8.00 AM **Evil Lives Here**
12.00 NOON **Still a Mystery**
1.00 PM **American Monster**
3.00 **Murder Comes to Town**
7.00 **Evil Online** Focusing on the case of Sam Dreher, who was shot dead in 2012 by his wife's lover, Michael Minor. **8.00** The 2013 murder of US Army veteran Maribel Ramos, who was killed by her room-mate Kwang Chol Joy.
9.00 **True Conviction** The murder of Cindy Apelt, whose body was found in the Arizona desert in 1988. Investigators reveal how painstaking detective work solved her case and eventually won justice for her family.
10.00 **On the Case with Paula Zahn** Painful questions torment a husband after his wife's murder.
11.00 **Feds** A kidnapping case brings FBI agents to Illinois in a desperate race against time.
12.00 M'T **Police 911: Michigan**
2.00 AM **Murder Comes to Town**
4.00 **to 6.00** AM **Evil Online**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Garage Rehab**
2.00 **Ant Anstead Master Mechanic**
3.00 **Fifth Gear**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Faster with Finnegan**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Faster with Finnegan** New edition The LS-powered S-15 mini truck gets revamped.
9.00 **Outback Truckers** Harrison and Brad navigate challenges on the Great Northern Highway.
10.00 **Hand Built Hot Rods**
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Faster with Finnegan**
1.00 AM **Richard Hammond's Workshop** Richard hopes to get behind the wheel of his MGB.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.10 AM **Grand Prix of Europe** Animation. (2025, U, 98min)
7.50 **Wicked: For Good** As 6.00pm.
10.20 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
11.55 **Redux Redux** As 10.40pm.
1.50 PM **Anemone** As 8.25pm.
4.00 **Bugonia** Comedy thriller. (2025, 15, 118min) ★★★★
6.00 **Wicked: For Good** Fantasy sequel starring Cynthia Erivo. (2025, PG, 137min) ★★★

6.00 Wicked: For Good

8.25 **Anemone** Drama starring Sean Bean and Daniel Day-Lewis. A man heads out on a journey into the woods to reconnect with his estranged hermit brother with whom he shares a complicated past. With Samantha Morton. (2025, 15, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 **Redux Redux** Fantasy thriller starring Michaela McManus. A woman travels through parallel universes, repeatedly killing her daughter's murderer. With Stella Marcus and Jeremy Holm. (2025, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Lee Cronin's The Mummy** Supernatural horror starring Natalie Grace and Jack Reynor. (2026, 18, 134min) ★★★
3.10 **Strung** Thriller starring Chloe Bailey. (2026, 15, 119min)
5.15 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Directors

303 303 403 503 517

6.00 AM **Psycho** As 1.35pm.
7.55 **The Man with Two Brains** Comedy. (1983, 15) ★★★★
9.30 **Ferrari** Biopic. (2023, 15) ★★★
11.45 **Mad Max** Cult action thriller. (1979, 15, 93min) ★★★★★
1.35 PM **Psycho** Alfred Hitchcock's notorious horror chiller. (1960, b/w, 15, 109min) ★★★★★
3.35 **Jaws** Steven Spielberg's thriller. (1975, 12, 125min) ★★★★★
5.40 **Jurassic Park** Monster thriller. (1993, PG, 127min) ★★★★★

8.00 Catch Me If You Can

8.00 **Catch Me If You Can** Director Steven Spielberg's fact-based crime adventure starring Leonardo DiCaprio and Tom Hanks. In the 1960s, a runaway teenager enjoys a remarkable crime spree. (2002, 12, 141 min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **A Clockwork Orange** Director Stanley Kubrick's futuristic satire based on the novel by Anthony Burgess, starring Malcolm McDowell. In the near future, a young thug is arrested and reconditioned using a revolutionary form of mind control. (1971, 18, 136min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.40 AM **Anora** Comedy drama. (2024, 18, 139min) ★★★★★
3.10 **Mulholland Drive** Thriller. (2001, 15, 146min) ★★★★
5.45 **to 6.10** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

7.20 AM **Cat Ballou** As 12.40am.
9.00 **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★
11.00 **Flashdance** Dance drama. (1983, 15, 96min) ★★★
12.45 PM **One Battle After Another** Oscar-winning action thriller. (2025, 15, 161 min) ★★★★★
3.30 **Wuthering Heights** Romantic drama starring Margot Robbie. (2026, 15, 136min) ★★★★
5.50 **About Time** Romantic comedy fantasy. (2013, 12, 120min) ★★★
8.00 **Legends of the Fall** Epic period drama set in early 20th-century Montana, starring Brad Pitt, Anthony Hopkins, Aidan Quinn and Julia Ormond. (1994, 15, 133min) ★★★★
10.20 **Erin Brockovich** Fact-based drama starring Julia Roberts as a single mother who takes a job in a law firm and becomes an unlikely environmental crusader. (2000, 15, 133min) ★★★★
12.40 AM **Cat Ballou** Spoof Western. (1965, PG, 96min) ★★★★
2.25 **The End of the Affair** Romantic drama starring Ralph Fiennes. (1999, 18, 101 min) ★★★★
4.15 **to 6.10** AM **The End of the Affair** Vintage romantic drama. (1955, PG, 106min) ★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

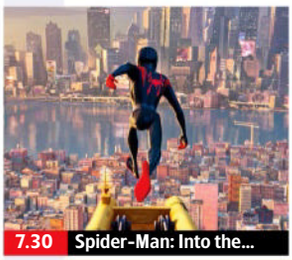
7.15 AM **After Yang** Sci-fi drama. (2022, PG, 96min) ★★★★
9.00 **Brightburn** As 12.25am.
10.35 **Annabelle** Horror. (2014, 15) ★★
12.20 PM **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
2.15 **The Chronicles of Riddick** Sci-fi adventure sequel to *Pitch Black*. (2004, 15, 119min) ★★★
4.20 **The Craft** Supernatural horror. (1996, 15, 101 min) ★★★
6.10 **Pet Sematary** Horror thriller. (2019, 15, 101 min) ★★★
8.00 **The Bride!** Horror starring Jessie Buckley and Christian Bale. In 1930s Chicago, maverick scientist Dr Euphronius gives life to a murdered woman. (2025, 15, 126min) ★★★★
10.15 **Riddick** Sci-fi thriller sequel starring Vin Diesel. Space fugitive Riddick combats bounty hunters and fearsome monsters on a desert planet. With Jordi Mollà. (2013, 15, 122min) ★★★
12.25 AM **Brightburn** Superhero horror. (2019, 15, 90min) ★★★
2.00 **Smile 2** Horror sequel. (2024, 18, 127min) ★★★★
4.10 **to 6.00** AM **Anacondas: The Hunt for the Blood Orchid** Horror adventure sequel. (2004, 12, 97min) ★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.10 AM **Sky Cinema Preview**
6.55 **The Angry Birds Movie** Animation. (2016, U) ★★★
8.40 **The Angry Birds Movie 2** Animation. (2019, U) ★★★
10.20 **Jumanji** As shown at 9.30pm.
12.05 PM **Smurfs: The Lost Village** Animation. (2017, U) ★★★
1.40 **Sonic the Hedgehog 3** Fantasy. (2024, PG) ★★★
3.35 **Wicked: For Good** Fantasy. (2025, PG, 137min) ★★★
6.00 **Chicken Run** (2000) ★★★★


7.30 Spider-Man: Into the...

7.30 **Spider-Man: Into the Spider-Verse** Animated adventure featuring the voices of Shameik Moore and Nicolas Cage. (2018, PG, 117min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 **Jumanji** Comic fantasy starring Robin Williams and Bonnie Hunt. A mysterious board game unleashes a series of wild creatures upon a small American town. (1995, PG, 104min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **MouseHunt** Comedy starring Nathan Lane and Lee Evans. (1997, PG, 98min) ★★★★
12.55 AM **Buffalo Kids** Animation. (2024, U, 79min) ★★★
2.30 **Yogi Bear** Comedy featuring the voice of Dan Aykroyd. (2010, U, 81min) ★★★
4.05 **Sky Cinema Preview**
4.55 **to 7.05** AM **Annie** Film version of the hit Broadway musical, starring Albert Finney. (1982, U, 128min) ★★★

Sky Cinema Action

306 306 407 507 521

6.15 AM **Safe House** Thriller. (2025, 15, 90min) ★★★
8.00 **Love Hurts** (2025, 15) ★★
9.35 **300** Epic historical adventure. (2006, 15, 116min) ★★★★
11.35 **The Bricklayer** Action thriller. (2023, 15, 110min) ★★
1.35 PM **Streetfighter** Action drama. (1994, 12, 102min) ★★
3.30 **Venom: The Last Dance** Fantasy. (2024, 15) ★★★
5.30 **Wonder Woman** Fantasy. (2017, 12, 121min) ★★★★

8.00 The Mummy Returns

8.00 **The Mummy Returns** Adventure sequel starring Brendan Fraser and Rachel Weisz. A dashing ex-legionnaire and his Egyptologist wife confront old and new adversaries. With John Hannah and Arnold Vosloo. (2001, 12, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

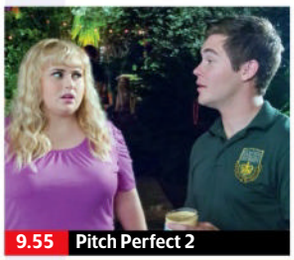
10.10 **Gladiator II** Historical drama starring Paul Mescal sequel. The son of a slain Roman General enters the Colosseum in an attempt to bring glory back to Rome. (2024, 15, 148min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **300: Rise of an Empire** Fantasy adventure sequel starring Sullivan Stapleton. (2014, 15, 100min) ★★★
2.40 **Streetfighter** As 1.35pm.
4.30 **Sky Cinema Preview**
5.30 **to 7.35** AM **The Meg** Action thriller starring Jason Statham. (2018, 12, 113min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.40 AM **The Brady Bunch Movie**
9.15 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
11.05 **Superbad** Teen comedy. (2007, 15, 113min) ★★★★
1.05 PM **Sasquatch Sunset** Comedy. (2024, 15, 88min) ★★★★
2.45 **American Pie** Teen comedy. (1999, 15, 96min) ★★★★
4.30 **Pitch Perfect** Musical comedy. (2012, 12, 112min) ★★★★
6.25 **The Brothers Grimsby** Action comedy. (2016, 15, 83min) ★★


9.55 Pitch Perfect 2

8.00 **American Pie 2** Teen comedy sequel starring Jason Biggs. Four friends from high school arrange to spend the summer after their first year at college by renting a lakeside house together. (2001, 15, 106min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Pitch Perfect 2** Comedy sequel starring Anna Kendrick. The Barden Bellas try to recover from a disastrous performance by winning the A Capella World Championships. With Rebel Wilson. (2015, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Bridget Jones: Mad About the Boy** Comedy. (2024, 15, 125min) ★★★★
2.10 AM **The Brady Bunch Movie** Comedy. (1995, 12) ★★★
3.55 **The Cinema List: Remakes**
4.25 **to 6.10** AM **National Lampoon's Vacation** Comedy. (1983, 15, 95min) ★★

Sky Cinema Thriller

309 309 409 509 523

6.20 AM **The Desperate Hour** Thriller. (2021, 12) ★★★★
7.50 **Barber** As 4.40am.
9.30 **Jaws 2** Thriller sequel. (1978, PG, 115min) ★★★
11.35 **Ocean's Thirteen** Thriller sequel with George Clooney. (2007, PG, 122min) ★★★
1.50 PM **The Bourne Legacy**
4.15 **Jaws 3** Adventure thriller sequel. (1983, 12, 99min) ★★
6.05 **Civil War** Action thriller. (2023, 15, 109min) ★★★★

8.00 No Country for Old Men

8.00 **No Country for Old Men** Dark crime thriller starring Tommy Lee Jones, Javier Bardem and Josh Brolin. A dogged lawman and a ruthless contract killer pursue a Texan who has made off with $2million in drug money. (2007, 15, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **The Bourne Legacy** Spy thriller sequel with Jeremy Renner and Rachel Weisz. A genetically enhanced secret agent goes on the run with his supervisor when his life is threatened from within his organisation. (2012, 12, 129min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Basic Instinct** Thriller. (1992, 18, 128min) ★★★★
2.35 **Safe House** Action thriller. (2012, 15, 110min) ★★★
4.40 **to 6.20** AM **Barber** Mystery. (2023, 15, 90min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Sheriff of Fractured Jaw** Comedy western. (1958, U, 103min) ★★★
1.10 PM **The Tall Men** Western. (1955, PG, 122min) ★★★
3.35 **Forty Guns** Cult western starring Barbara Stanwyck. (1957, b/w, PG, 76min) ★★★
5.10 **Tora! Tora! Tora!** World War Two epic starring Martin Balsam. Partly subtitled. (1970, U, 144min) ★★★

10.25 White House Down

8.00 **Transformers: Rise of the Beasts** Fantasy prequel starring Anthony Ramos and Dominique Fishback. A former soldier turned car thief is pulled into the hunt for a device that could help the alien robots return to their own world. (2022, 12, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **White House Down** Action thriller starring Channing Tatum and Jamie Foxx. A lone cop strives to save the day after heavily armed terrorists seize control of the White House. With Maggie Gyllenhaal. (2013, 12, 131min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 **to 3.25** AM **Snake Eyes**. Action adventure with Henry Golding, Andrew Koji, Ursula Corbero and Samara Weaving. (2021, 12, 121min) ★★★

+1hour 314 430 47 301 257

Monday

8 PM
9 PM
10 PM
11 PM

Sky Cinema 2026 Recap

302 302 402 502 516

6.15 AM **Sky Cinema Preview**
6.45 **Pets on a Train** Animation. (2025, PG, 87min) ★★★
8.20 **Gabby's Dollhouse: The Movie** Family comedy adventure. (2025, U, 105min) ★★★
10.05 **Regretting You** As 6.00pm.
12.05 PM **Prisoner of War** Action thriller. (2025, 15, 112min) ★★★
2.05 **Neighborhood Watch** Thriller. (2025, 15, 92min) ★★★★

3.50 **Roofman** Comedy drama. (2025, 15, 126min) ★★★★
6.00 **Regretting You** Drama. (2025, 12, 116min) ★★★
8.00 **Materialists** Romantic comedy drama starring Dakota Johnson, Chris Evans and Pedro Pascal. A professional matchmaker is torn between the perfect match and her imperfect ex. (2025, 15, 116min) ★★★★
10.00 **Pillion** Dark comedy with Harry Melling and Alexander Skarsgård. (2025, 18, 107min) ★★★

11.50 **Carolina Caroline** Crime thriller starring Samara Weaving, Kyle Gallner and Kyra Sedgwick. (2025, 15, 105min) ★★★★
1.45 AM **King Ivory** Thriller starring James Badge Dale and Ben Foster. (2024, 15, 130min) ★★★
4.00 **to 6.00** AM **Prisoner of War**

Sky Cinema Greats

307 307 404 504 518

7.40 AM **Shenandoah** As 4.50am.
9.30 **The Towering Inferno** Disaster movie. (1974, 12, 165min) ★★★★
12.15 PM **Lethal Weapon 3** Action comedy thriller sequel. (1992, 15, 118min) ★★
2.15 **Lethal Weapon 4** Action comedy thriller sequel. (1998, 15, 128min) ★★★
4.25 **Days of Thunder** High-speed drama. (1990, 15, 107min) ★★★

6.15 **Enter the Dragon** Action thriller starring Bruce Lee. (1973, 18, 97min) ★★★★
8.00 **Robin Hood: Prince of Thieves** Fantasy adventure starring Kevin Costner. Robin Hood forms a band of outlaws to exact revenge on the tyrannical Sheriff of Nottingham. With Alan Rickman. (1991, PG, 138min) ★★
10.25 **Bad Boys** Action comedy thriller starring Martin Lawrence, Will Smith and Téa Leoni. (1995, 15, 118min) ★★★

12.35 AM **The 'burbs** Offbeat comedy starring Tom Hanks and Carrie Fisher. (1989, PG, 103min) ★★★
2.30 **Days of Thunder** As 4.25pm.
4.30 **The Cinema List: Heroes**
4.50 **to 6.45** AM **Shenandoah** Western starring James Stewart. (1965, PG, 101min) ★★★★

Disney+ Cinema

305 305

6.00 AM **Duck Tales the Movie: Treasure of the Lost Lamp** Animation. (1990, U) ★★★
7.20 **Bambi** Classic cartoon. (1942, U, 69min) ★★★★★
8.35 **Hannah Montana: The Movie** Teen musical comedy spin-off. (2009, U, 98min) ★★★
10.20 **Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy. (2005, PG) ★★★★

12.40 PM **The Good Dinosaur** Animated family adventure. (2015, PG, 101min) ★★★★
2.20 **Aladdin** Animated fantasy. (1992, U, 90min) ★★★★★
3.50 **Monsters, Inc** Animated comedy. (2001, U, 95min) ★★★★★
5.25 **Big Hero 6** Animated adventure. (2014, PG, 102min) ★★★★
7.10 **The Princess Diaries** Comedy. (2001, U, 115min) ★★★
9.00 **Dodgeball: A True Underdog Story** Sports comedy. (2004, 12, 92min) ★★★★

10.35 **Juno** Offbeat comedy. (2007, 12, 96min) ★★★★
12.15 AM **Flightplan** Thriller. (2005, 12, 98min) ★★★★
1.55 **A Complete Unknown** Biopic. (2024, 15, 140min) ★★★★
4.20 **to 6.00** AM **Maleficent** Adventure. (2014, PG) ★★★★

Movies 24

312 313 419

7.00 AM **Marry Christmas** Romantic comedy. (2024, PG, 85min) ★★
9.00 **A Suite Holiday Romance** Festive romantic drama. (2025, PG, 90min) ★★
11.00 **Letters to Santa** Festive fantasy. (2023, PG, 84min) ★★
1.00 PM **Our Holiday Story** Festive drama. (2024, PG, 84min) ★★
3.00 **Christmas Above the Clouds** Drama. (2025, PG, 90min) ★★

5.00 **A Carol for Two** Festive drama. (2024, PG, 90min) ★★
7.00 **Christmas Under the Lights** Festive romantic drama starring Heather Hemmens and Marco Grazzini. (2024, PG, 89min) ★★
9.00 **A Make or Break Holiday** Festive romantic drama starring Hunter King and Evan Roderick. A couple on the brink of separation agrees to pretend they are still together while hosting Christmas for their families. (2025, U, 89min) ★★

11.00 **To Have and To Holiday** Festive romance. (2024, PG, 90min) ★★
1.00 AM **The More the Merrier** Drama. (2025, PG, 90min) ★★
3.00 **to 5.00** AM **Following Yonder Star** Drama. (2024, PG) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **The Vise** 13/39. (S1)
6.30 **Action Stations** Crime thriller. (1956, b/w, PG, 50min) ★★
7.35 **Hidden Homicide** Mystery. (1959, U, 71min) ★★★
9.05 **Cinebox Memories**
9.10 **Bond of Fear** (1956, b/w, PG) ★
10.30 **Z Cars** 22/28. (S9)
11.30 **Star Performance** 20/41. (S4)
12.00 NOON **Danger UXB** 8/13. (S1)
1.05 PM **Richard the Lionheart**

1.35 **Obsession** Suspense thriller. (1948, b/w, PG, 93min) ★★
3.30 **The Man in the Sky** Drama. (1957, b/w, U, 85min) ★★
5.15 **Look at Life**
5.30 **The Directors** 2/10. (S1)
6.30 **The Veil** 11/12. (S1)
7.00 **The Footage Detectives**
8.00 **Maigret** 3/3. (S3)
9.50 **Heavy Traffic** Animation. (1973, 18, 77min) ★★★
11.25 **The Lawless Years** 8/18. (S1)
11.55 **Murders in Martinique** French thriller. (2016, 15, 96min) ★★★

1.55 AM **A Message From Mars** Sci-fi drama with Charles Hawtrey. (1913, b/w, PG, 69min) ★★★
3.10 **The Delavine Affair** Drama. (1954, b/w, PG, 64min) ★★★
4.25 **Cinebox Memories**
4.30 **Honey West** 29/30. (S1)
5.00 **to 6.00** AM **The Rogues**

Monday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast**
9.00 **The Open: At the Range** Coverage and analysis from the practice range ahead of the Major staged at Royal Birkdale Golf Club in Southport, Merseyside.
10.30 LIVE **Women's Test Cricket England v India.** The fourth day of the one-off Test from Lord's, London. This is England's first test ever to take place at this iconic ground, and they will be looking to mark the occasion with their first Test victory over India since 1995.
6.30 PM **World Cup Report**
7.00 **World Cup Show**
10.00 **World Cup Report**
12.00 M'T LIVE **WNBA Atlanta Dream v Los Angeles Sparks.** Coverage of the inter-conference match held at Gateway Center Arena in College Park, Georgia. Tip-off **12.00m't**.
2.30 AM LIVE **WNBA Minnesota Lynx v Phoenix Mercury.** Coverage of the Western Conference match at Target Center in Minneapolis, joining the game 30 minutes after tip-off.
4.30 **to 6.00** AM **World Cup Report**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Review**
9.00 **Premier League Highlights** Action from the 2025/26 season, with matches including Sunderland v Crystal Palace, Tottenham Hotspur v West Ham United, Wolverhampton Wanderers v Newcastle United and Aston Villa v Everton.
6.00 PM **MNF Hlts** Brighton & Hove Albion v Bournemouth.
6.30 **Premier League Stories** Former West Ham United striker Dean Ashton looks at his career.
7.00 **Premier League World Beaters** A look at some of the best players in the top flight.
8.00 **Netbusters** Featuring action from the 21st round of fixtures. **8.30** Round 22 highlights.
9.00 **Premier League Review** Action from the 22nd round of fixtures.
11.00 **Premier League Years** Classic games, blunders and moments of skill from the 2001/02 season.
1.00 AM **PL Retro** Another chance to see Chelsea v Manchester United from the 2011/12 season.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup Retro** Aston Villa v Manchester City in the 2020 final.
8.00 **1983: When Aberdeen Ruled Europe** Documentary.
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **EFL** A replay of Blackpool v Cardiff City in the 2009/10 Championship play-off final.
11.30 **EFL Greatest Games**
12.00 NOON **Championship Retro** A chance to see Leeds United v Derby County from 2019.
2.00 PM **EFL Greatest Games**
3.00 **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.30 **The Story of Frank Soo**
6.00 **Championship Retro** Aston Villa v Derby in the 2018/19 Championship play-off final.
8.00 **EFL Greatest Games**
9.00 **SPFL Highlights** Celtic v Rangers from February 2022.
9.30 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2020 final.
11.00 **EFL Cup Highlights**
11.30 **EFL Trophy Football**
12.00 M'T **EFL** The 2017 play-off finals.
3.00 AM **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **to 6.00** AM **Retro League One**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **Women's Test Cricket**
7.00 **ICC Women's World Cup**
7.30 **Nepal Climbing Cricket's Mountain** Nepal's mission to become a Test-playing nation.
8.00 **Women's Test Cricket**
9.00 **Women's One-Day International Cricket**
10.00 **Women's Test Cricket**
10.30 LIVE **Women's Test Cricket England v India.** The fourth day of the one-off Test from Lord's. This is England's first Test ever to take place at this iconic ground, and they will be looking to mark the occasion with their first Test victory over India since 1995.
6.30 PM **Women's Test Cricket** England v India in the first day of the one-off Test from Lord's. **6.45** England v India day two.
7.00 **Women's Test Cricket** England v India in day three of the Test. **8.00** England v India on day four of the one-off Test from Lord's.
9.00 **Women's Test Cricket**
9.45 **Best of ICC WT20**
10.00 **Women's Test Cricket** England v India in the one-off Test.
1.00 AM **International T20 Cricket**
5.30 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

406 406 506 423 443

6.00 AM **The Open – Official Films**
9.00 **The Open: At the Range**
12.00 NOON **Scotland's Greatest Golf Holes** Famous courses.
2.00 PM **The Open: At the Range**
6.00 **Justin Rose: Chasing Forever** The career of the English golfer.
7.00 **The Open** Coverage and analysis from the practice range ahead of the 154th Open Championship.
10.00 **The Open** A chance to see action from the last-chance qualifier.
11.00 **PGA Tour Golf** Action from day four of the ISCO Championship.
12.00 M'T **DP World Tour Golf**
12.30 AM **Chronicles of a Champion Golfer** A profile of Darren Clarke.
1.00 **to 6.00** AM **The Open Films**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA Tennis** Doha Open.
6.15 **ATP Tennis** Indian Wells Open. **6.30** Swedish Open final.
7.30 **WTA Tennis** Iasi Open final.
8.30 **ATP Tennis** Swiss Open final.
9.30 LIVE **ATP Tennis** Coverage of day one of the Swiss Open, a clay-court tournament held at Roy Emerson Arena in Gstaad.
12.30 PM LIVE **WTA & ATP Tennis** Events on the WTA and ATP Tours, including the ATP Swedish Open, ATP Swiss Open, ATP Croatia Open and WTA Iasi Open.
10.00 **ATP Tennis** Mallorca Open final. **11.00** The Halle Open final.
12.00 M'T **Best of the US Open 2025**
1.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Wimbledon** The 14th day.
7.30 **Tour de France Men Highlights**
9.00 **One-Day International Cricket**
10.00 **Sign Up – Into Football**
11.00 **Champions League – Stories of the Finals**
12.00 NOON **Tour de France Men Highlights** The ninth stage.
1.00 PM **MLB Highlights**
2.00 **Wimbledon** Days 13 and 14.
5.00 **The Match That Changed Tennis**
6.00 LIVE **Ultimate Pool** The Group Five matches in the Champions League tournament, as four players compete in a series of round-robin matches to earn a place in the Super 8's.
9.30 **World Superbike Highlights** Round eight at Donington Park.
10.30 **UCI Mountain Bike World Series Review** La Thuile Enduro.
11.00 **IFSC Climbing World Series Highlights** In Chamonix, France.
12.00 M'T **MLB Highlights**
1.00 AM LIVE **MLB** Coverage of the Home Run Derby staged at Citizens Bank Park in Philadelphia.
3.00 **MLB Classic** Archive action.
4.30 **MLB Highlights**
5.30 **to 6.00** AM **UCI Mountain Bike World Series Review**

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP** From Germany.
9.30 **World Superbikes**
10.30 **UCI Mountain Bike World Series** Highlights of women's and men's races in Pal Arinsal, Andorra.
11.30 **Classic Premier League**
1.30 PM **The WRC Magazine**
2.00 **World Superbikes** Highlights from Donington Park Circuit.
3.00 **UCI Mountain Bike World Series** Highlights of women's and men's races in Pal Arinsal, Andorra.
4.00 **Tour de France Men Highlights** The ninth stage of the race.
5.00 **TNT Sports Cricket Reload**
5.45 **The Gruppetto** Cycling news.
6.00 **One-Day International Cricket** West Indies v New Zealand in the first ODI of the five-game series.
7.00 LIVE **One-Day International Cricket West Indies v New Zealand.** The second ODI in the five-match series staged at Providence Cricket Stadium. The visitors have won the last three series in this format against the West Indies and have also won eight of their last nine ODIs against them.
4.00 AM **World Superbike Highlights**
5.00 **to 6.00** AM **Tour de France Men**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League**
12.00 NOON **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
5.00 **NFL Bitesize Highlights**
5.15 **Super Bowl LX Bitesize**
5.30 **Super League Highlights**
6.00 **NBA Basketball**
8.00 **NBA on Fire** The latest news.
8.30 **NBA Finals Review**
9.30 LIVE **NBA Summer League Indiana Pacers v Toronto Raptors.** Coverage of the match from Thomas & Mack Center in Las Vegas. Tip-off **9.30pm**.
12.00 M'T LIVE **WNBA Atlanta Dream v Los Angeles Sparks.** Coverage of the inter-conference match at Gateway Center Arena in College Park, Georgia. Tip-off **12.00m't**.
2.30 AM LIVE **WNBA Minnesota Lynx v Phoenix Mercury.** Coverage of the Western Conference match at the Target Center in Minneapolis, joining the game 30 minutes after tip-off.
4.30 **Super League Highlights**
4.45 **Women's Super League**
5.00 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast**
10.00 **World Cup Report**
12.30 PM LIVE **WTA & ATP Tennis** Coverage of the latest events on the WTA and ATP Tours, including the ATP Swedish Open, ATP Swiss Open, ATP Croatia Open and WTA Iasi Open.
10.00 **World Cup Report** A round-up of all the day's World Cup news.
12.00 M'T **EFL Greatest Games** Brief highlights of Bradford City v Arsenal in an EFL Cup quarter-final at Valley Parade from 2012.
12.15 AM **EFL Greatest Games** Action from the archives, including highlights of Derby County v Hull City, Sheffield Wednesday v Sheffield United, Leeds United v Sheffield United and Ipswich Town v Sheffield Wednesday from the 2017/18 season.
2.00 AM LIVE **WNBA Minnesota Lynx v Phoenix Mercury.** Coverage of the Western Conference match staged at the Target Center in Minneapolis. Tip-off **2.00am**.
4.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **Women's Test Cricket**
8.00 **Women's State of Origin**
8.45 **State of Origin Rugby League**
9.00 **LPGA Tour Golf**
10.00 **Women's Test Cricket**
10.30 LIVE **Women's Test Cricket England v India.** The fourth day of the one-off Test from Lord's. This is England's first Test ever to take place at this iconic ground, and they will be looking to mark the occasion with their first Test victory over India since 1995.
6.30 PM **LPGA Tour Golf** Day three of the Evian Championship.
7.30 **Spirit of Yachting**
8.00 **State of Origin Rugby League**
9.00 **Women's Test Cricket** Highlights from England v India.
10.00 **LPGA Tour Golf** Action from day four of the Evian Championship.
11.00 **State of Origin Rugby League**
12.00 M'T **The Insiders** NFL news.
1.00 AM **NBA Basketball**
3.45 **PL Greatest Games**
4.00 **to 6.00** AM **ICC Women's T20 Cricket World Cup**

TNT Sports 3

413 415 523 410 432

6.00 AM **AFL** Four match replays.
12.00 NOON **AFL** A replay of Carlton Blues v Hawthorn Hawks. **1.30** PM Another chance to see Adelaide Crows v Gold Coast Suns. **3.00** A replay of Western Bulldogs v West Coast Eagles.
4.30 **AFL** A replay of Melbourne Demons v Richmond Tigers. **6.00** A chance to see Brisbane Lions v Essendon Bombers.
7.30 **UCI Mountain Bike World Series** The La Thuile Enduro in Italy.
8.00 **IFSC Climbing World Series** Latest round in Chamonix, France.
9.00 **NWSL** Utah Royals v Gotham. **10.00** Highlights from Seattle Reign v Portland Thorns.
11.00 **Spirit of Yachting**
11.30 **MotoGP** Grand Prix of Germany.
1.00 AM **The WRC Magazine**
1.30 **Fight Week** UFC 329 review.
2.00 **UFC Reloaded**
4.30 **UFC Fight Flashback**
5.30 **to 6.00** AM **Formula E**

TNT Sports 4

414 416 524 411 434

6.00 AM **The Gallagher PREM** Highlights of matches in the rugby union competition, including Bath v Saracens, Exeter Chiefs v Sale Sharks and Harlequins v Gloucester.
5.00 PM **MLB Highlights** Action from Major League Baseball.
6.00 **MotoGP** Action from the Moto3 Grand Prix of Germany. **7.00** Highlights of the Moto2 Grand Prix of Germany. **8.00** MotoGP Grand Prix of Germany sprint race highlights. **8.30** Action from the MotoGP Grand Prix of Germany.
9.30 **Wimbledon** Action from the 13th day of the tournament.
11.00 **Wimbledon** Action from the 14th day of the tournament.
12.30 AM **UCI Mountain Bike World Series Women** From Pal Arinsal.
2.00 **UCI Mountain Bike World Series Men** From Andorra.
3.30 **to 6.00** AM **UEFA Champions League – Classics**

Premier Sports 1

419 APP 528

6.00 AM **Sporting Greats**
6.30 **Rugby Junior World Championships**
12.25 PM **Rugby Junior World Championships** A replay of South Africa U20 v Wales U20.
2.20 **Sporting Greats**
2.50 LIVE **Rugby Junior World Championship** A ninth-place semi-final at Aia Arena in Kutaisi, Georgia. Kick-off **3.00pm**.
5.00 **URC Match Highlights**
5.20 LIVE **Rugby Junior World Championship** A ninth-place semi-final at Aia Arena in Kutaisi, Georgia. Kick-off **5.30pm**.
7.30 **Sporting Countdowns**
8.30 **NHL Ice Hockey** Vegas Golden Knights v Carolina Hurricanes.
10.45 **Africa Eco Race**
11.00 **DTM Motorsport Highlights**
12.00 M'T **Rugby Junior World Championships**
4.00 **to 6.00** AM **Ultimate Karting Championship**

Premier Sports 2

420 APP 529

6.00 AM **Transworld Sport** Magazine.
7.00 **NASCAR O'Reilly Series**
10.00 **Bike World** Magazine.
10.30 **Rugby Junior World Championships** Match replays.
2.20 PM **Temples of Sport**
2.50 LIVE **Rugby Junior World Championship** The first semi-final at Avchala Stadium in Tbilisi, Georgia. Kick-off **3.00pm**.
5.00 **LaLiga Match Highlights**
5.20 LIVE **Rugby Junior World Championship** The second semi-final at Avchala Stadium in Tbilisi, Georgia. Kick-off **8.30pm**.
7.30 **Temples of Sport**
8.30 **Rugby Junior World Championships** First semi-final.
10.30 **Rugby Junior World Championships** Another chance to see the second semi-final.
12.30 AM **Temples of Sport**
1.30 **NASCAR O'Reilly Series**
4.30 **Bike World** Magazine.
5.00 **to 6.00** AM **Motorsport**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Belgian Grand Prix.
10.00 **Formula 1** British Grand Prix.
12.15 PM **Ted's Notebook**
12.45 **F1 Academy: Weekend Wrapped** British Grand Prix.
1.15 **Naomi Hot Laps**
1.30 **Formula 1** Action from the British Grand Prix sprint race.
2.30 **Ted's Notebook**
3.00 **Formula 1** British Grand Prix.
4.00 **Formula 1** The Belgian Grand Prix races from 2014 to 2017.
8.00 **Formula 1** A chance to see the British Grand Prix at Silverstone.
10.15 **Ted's Notebook**
10.45 **Naomi Hot Laps**
11.00 **Formula 1** British Grand Prix.
12.00 M'T **Indycar** The Indy 200.
1.00 AM **F1 Explained**
2.00 **to 6.00** AM **The Best of F1**

Tuesday

14 July

Planner

World Cup Semi-Final

***FOOTBALL** BBC 1 or ITV 1, kick-off 8pm*

A place in Sunday's final will be the prize for the winner of tonight's first semi-final, which takes place at the impressive Dallas Stadium. Pre-tournament favourites were France and Spain – are they still in with a chance of lifting the trophy?

The Great British Sewing Bee

***ENTERTAINMENT** BBC 1, 8pm*

The ultimate cozy crafting competition returns for its 12th series with comedian Sophie Willan taking on full-time hosting duties after presenting the Christmas special. Judges Esme Young and Patrick Grant also return to the to put a dozen eager amateur stitchers through their paces.

Broadcast details may vary due to World Cup coverage on Tuesday and Wednesday

RJ Decker

***DRAMA** Disney+*

From the creator of *Elementary* comes this sun-soaked crime drama, starring Scott Speedman as a cynical ex-con photographer investigating bizarre crimes in the swamplands of southern Florida. Also stars Jaina Lee Ortiz (*Station 19*).

MLB All-Star Game

***BASEBALL** TNT Sports 1 & HBO Max, from12.30am*

Baseball's Midsummer Classic is in Philadelphia, where some of the game's biggest stars in the American and National Leagues – including Blue Jays' Ernie Clement (right) – face each other.

Tuesday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Our Lives †	7.30 EastEnders	8.00 The Great British Sewing Bee		9.00 Death in Paradise		10.00 News; Local News	
	102 BBC2	7.00 Rick Stein's Food Stories		8.00 Digging for Britain		9.00 QI XL	9.45 Live at the Apollo		10.30 Newsnight
	103 ITV1	7.00 Football: World Cup – Live: Coverage of the first semi-final (Kick-off 8.00)							10.35 News
	104 CHANNEL 4	7.00 News		8.00 Bake Off: The Professionals		9.00 Grand Designs		10.00 24 Hours in A&E	
	105 5	7.00 Tour de France		8.00 Reuben Owen: Life in the Dales		9.00 Ben Fogle: New Lives in the Wild		10.00 The Drowning Pool: The Murder of...	
	106 SKY ONE	7.00 The Simpsons		8.00 Best Medicine		9.00 Film: Dreamgirls			
ENTERTAINMENT	115 BBC3	7.05 Film: Spider-Man 3					9.15 I Kissed a Girl	10.05 I Kissed a Girl: The Reunion	
	116 BBC4	7.00 Great British...	7.30 Canal Boat Diaries	8.15 To the Manor...	8.45 The Good Life	9.15 Hay Fever			
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 Love Island		10.05 Love Island...	10.35 Family Guy
	136 MORE4	◂ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 Ancient Egypt by Train with Alice...		10.00 Ancient Autopsy	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Rookie		9.00 Irish Blood		10.00 Blue Bloods	
	108 SKY ATLANTIC	◂ 6.30 The Gilded Age				9.00 Faithless			
	110 U&GOLD	◂ 6.40 Red Dwarf		8.00 Keeping Up...	8.40 Dad's Army		9.20 Not Going Out	10.00 Red Dwarf: The Promised Land	
	111 U&DAVE	7.00 Mortimer & Whitehouse: Gone Fishing			8.20 Would I Lie to You?	9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Vera				10.00 Law & Order: UK	
	120 ITV4	7.00 King of the Roads		8.00 World Superbike Highlights		9.00 Ice Road Truckers		10.00 Wrestling: AEW Collision	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Jimmy Carr's Am I the A**hole?		10.00 Mr Bean	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 From		10.00 Grimm	
	143 U&DRAMA	◂ 6.40 Last of the Summer Wine		8.00 'Allo 'Allo!			9.40 New Tricks		
	109 U&ALIBI	7.00 Private Eyes		8.00 Death in Paradise		9.00 Allegiance		10.00 The Hunting Party	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 The Phantom of the Opera at the Royal Albert Hall					
	132 U&W	7.00 DIY SOS: The Big Build		8.00 999 Rescue Squad		9.00 The Pike County Murders: A Family...		10.00 The TikTok Effect	
DOCUMENTARY	125 DISCOVERY	7.00 Shorty's Dream Shop				9.00 Deadliest Catch		10.00 The Last Woodsmen	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Guardians of the Glades		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Book of Matt	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Mega Marine Machines		9.00 Construction Fails		10.00 Disaster Autopsy	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Hitler's Engineers		9.00 World War II with Tom Hanks			
	155 U&YESTERDAY	7.00 Planet Earth III		8.00 Bangers & Cash					
	114 SKY DOCS	7.00 David Frost Vs		8.00 The Body Next Door					

◂ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x
*Terms & conditions: magazinesdirect.com/terms.

Tuesday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition (S)(AD)
10.15 **The Moment of Proof** (S)(R)(AD)
10.45 **Expert Witness** New edition (S)
11.15 **Homes Under the Hammer** New edition From Clacton. (S)(AD)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Policing Paradise** New edition (S)
2.30 **Rick Stein's Australia** (S)(R)(AD)
3.00 **Escape to the Country** New edition A search for a rural retreat in Gloucestershire. (S)
3.45 **The Bidding Room** (S)(R)
4.30 **The Travelling Auctioneers** New edition From Manchester. (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

• *Alternative schedule* If BBC1 show today's World Cup matches, the schedule will be: **7.00pm LIVE Football: World Cup** Coverage of the opening semi-final. Kick-off is at 8.00. (S) **10.30 BBC News** (S) **11.00 Local News** (S) **11.10 FILM Rush** Sports drama. (S) (2013, 15, 110min) ★★★★ **1.00am Weather for the Week Ahead** (S) **1.05-6.00am BBC News** (S)

7 PM

7.00 NEW **Our Lives: Flying Without Wings** A woman flies her late husband's hot-air balloon. (S)(AD)

7.30 **EastEnders** Denise struggles to settle back into family life, while Mark raises suspicions. (S)(AD)

8 PM

8.00 NEW SERIES **The Great British Sewing Bee** 1/10. Sophie Willan hosts as 12 new sewers get summer ready as they make shorts, transform barbecue aprons into bags and become models for their perfect seasonal outfit. (S)(AD)

9 PM

9.00 **Death in Paradise** *Phone-In-Murder:* 6/9. When a woman reports a murder and is then found strangled, the team is left wondering whether she was reporting her own murder. Stars Ralf Little. (S11) (S)(R)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 FILM **Spider-Man: Homecoming** Comic-book adventure starring Tom Holland. Teen superhero Peter Parker tries to prove his worth by battling a winged criminal with a trade in stolen hi-tech weaponry. With Michael Keaton, Robert Downey Jr, Marisa Tomei and Zendaya. (S) (AD) (2017, 12, 125min) ★★★★ SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.45 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.50 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **The Travelling Auctioneers** (R)
7.15 **Escape to the Country** (S)(R)
8.00 **Sign Zone: Farm 999** (S)(R)
8.30 **Sign Zone: Lost and Found in the Lakes** A precious ring. (S)(R)(AD)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Richard Osman's House of Games**
1.30 **Mastermind** Quiz show. (S)(R)
2.00 **Lightning** Quick-fire quiz. (S)(R)
2.30 **The Farmers' Country Showdown**
3.15 **The Hidden World of Hospitality**
4.15 **Yellowstone: The Toughest Spring**
5.15 **Flog It!** Memorable locations. (S)(R)
6.00 **Richard Osman's House of Games** Quiz show. (S)(R)
6.30 **Just One Thing** (S)(R)(AD)

• *Alternative schedule* If BBC1 show this evening's World Cup match, the BBC2 schedule will be: **8.00-9.00pm The Repair Shop** (S)(R)(AD)

9.45 Live at the Apollo

7.00 **Rick Stein's Food Stories** Rick goes night fishing in Wales and meets a farmer dodging World War Two bombs to raise salt marsh lamb. (S)(R)(AD)

8.00 **Digging for Britain** Alice Roberts visits more archaeological digs, including a spectacular monument older than Stonehenge, a 200-year-old mine trapped in time and a lost medieval friary.(S)(R)(AD)

9.00 **QI XL** *Television:* Sandi Toksvig celebrates the 100th birthday of the BBC, with guests Zoe Lyons, Greg James, Richard Osman and Alan Davies. (S)(R)

9.45 **Live at the Apollo** Jen Brister introduces stand-up routines from Esther Manito and Adam Rowe at London's Hammersmith Apollo. (S)(R)

10.30 **Newsnight** (S)

11.05 **ODI Cricket Highlights** England v India: Action from the first in the three-game series, which took place at Edgbaston. (S)
11.50 FILM **On the Basis of Sex** Biopic of Ruth Bader Ginsburg, starring Felicity Jones and Armie Hammer. (S)(AD) (2018, 12, 110min) ★★★★
1.40 AM **Sign Zone: Natalie Cassidy: Caring Together** (S)(R)(AD)
2.10 **Sign Zone: Exposed: The High Street Crime Crisis – On the Front Line** (S)(R)(AD)
2.40 **Sign Zone: The Road to Hope with Fergal Keane** (S)(R)(AD)
3.05 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** The team are in Newport, where Aidan Pass has double trouble with a pair of petrol-heads, David Dickinson falls for a beautiful watercolour, and an item made of gold makes for a great sale. (S)(R)(AD)
3.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Paula takes on the infamous Banker. (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

• *Alternative schedule* If ITV1 do not show this evening's World Cup match, the schedule will be: **7.30pm Deal or No Deal: Banker's Best Battles** (S) **8.00 Emmerdale** (S)(AD) **9.00 Coronation Street** (S)(AD) (S)(AD) **10.00 ITV News** (S) **10.30 Local News** (S) **10.45** FILM **Jack Reacher** Thriller. (S)(AD) (2012, 15, 130min) ★★★ **12.55-3.00am Teleshopping**

7.00 LIVE **Football: World Cup** Coverage of the opening semi-final, which takes place at Dallas Stadium in the USA. Some of the greatest matches in World Cup history have taken place at this stage of the tournament, including a 1958 encounter between Brazil and France, when a 17-year-old Pele scored a 23-minute hat-trick in a 5-2 victory. Kick-off is at 8.00. (S)

10.35 **ITV News** (S)

11.05 **Local News** (S)
11.25 **Who Wants to Be a Millionaire? Celebrity Special** Stephen Fry and Jeanette Kwakye compete to win a cash prize for charity. (S)(R)
12.15 AM **Teleshopping**
3.00 **Noel Edmonds' Kiwi Adventure** 2/3. Bad weather endangers the River Haven business. (S)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Dickinson's Real Deal** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 16-18/26. (S10) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 3-6/24. (S1) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Help! We Bought a Village** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Narrow Escapes** Andy cruises towards Llangollen. (S)(R)(AD)
5.00 **Chateau DIY** Water-damaged and rotten beams are discovered at Château de Lalacelle. (S)(R)(AD)
6.00 **Four in a Bed** The rivals arrive at Finn Village, a countryside venue near Loch Lomond. (S)(R)
6.30 **Come Dine with Me** Second to host in Cardiff is 49-year-old police officer Claire, who serves up a cruise-themed menu. (S)(R)

8.00 Bake Off: The Professionals

7.00 **News** (S)

8.00 **Bake Off: The Professionals** New edition 8/10. Ellie Taylor and Liam Charles present the quarter-final, which sees the remaining teams make afternoon tea desserts and creepy, gravity-defying *Circus of Horrors*-themed piñatas. (S)(AD)

9.00 **Grand Designs** Presenter Kevin McCloud follows the progress of a couple as they embark on an ambitious project – the building of a sleek, angled, metallic floating home on a tidal estuary near Worthing. (S)(R)(AD)

10.00 **24 Hours in A&E** A 20-year-old woman is rushed in after coming off her motorbike, and a 21-year-old man comes in with a badly prolapsed stoma. (S)(R)(AD)

11.05 **24 Hours in A&E** (S)(R)(AD)
12.05 AM **Emergency Helicopter Medics** Documentary. (S)(R)(AD)
1.05 **Ramsay's Kitchen Nightmares USA** Catch-up edition. (S)(SL)(R)
1.55 **The Piano** (S)(SL)(R)(AD)
2.50 **I for India** Sandhya Suri's Indian documentary. Subtitled. (S)(R)
4.10 FILM **The Field** Indian drama starring Mia Maelzer. Subtitled. (S) (2018, 15, 20min) ★★★★
4.30 **Couples Come Dine with Me** (R)
5.25 **Find It, Fix It, Flog It** (S)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **Castle** *Smells Like Teen Spirit:* 15/23. A unpopular high-school student is murdered. (S)(R)
3.55 **Castle** *Room 147:* 16/23. A confused woman confesses to a murder. (S6) (S)(R)
4.50 **Love Nature** Tracking the return of native species of red squirrels in Co Down. (S)(R)
5.00 **News** (S)
6.00 **Somerset: Wonder of the West Country** The best and most picturesque slices of Somerset's landscape. (S)(R)
6.55 **News** (S)

7.00 Tour de France

7.00 **Tour de France** Rebecca Charlton presents highlights of the 10th stage of the Grand Tour race, a 166.6km mountainous route from Aurillac to Le Lioran. (S)
7.55 **News** (S)

8.00 **Reuben Owen: Life in the Dales** Reuben takes on a new apprentice – his 18-year-old brother Miles, and they excavate a pond for friend and farmer Adam. (S)(R)

9.00 **Ben Fogle: New Lives in the Wild** Ben ventures to the desert surrounding one of the America's most unique towns – Roswell. Here, he meets Karen, a 70-year-old former sports journalist. (S)(R)

10.00 NEW SERIES **The Drowning Pool: The Murder of Paula Leeson** 1/2. The case of Paula Leeson who was killed while on holiday in Denmark. (S)
11.05 **The Drowning Pool: The Murder of Paula Leeson** Series finale 2/2. How Paula's death looked like an accident until dark secrets unravelled. (S)
12.05 AM **Britain's Most Dangerous Prisoners** Mark Hobson. (S)(R)
1.00 **Teleshopping** (S)(R)
2.00 **Castle** 17/23. (S6) (S)(R)
2.45 **Build Your Dream Home in the Country** (S)(R)
3.40 **Friends** (S3) (S)(R)(AD)
4.30 **Cruising with Susan Calman** (R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S5) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S8) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Predators** (S)(R)(AD)
1.00 PM **Hawaii Five-0** (S5) (S)(R)
3.00 **S.W.A.T.** (S7) (S)(R)(AD)
5.00 **The Simpsons** *Bartless:* Marge and Homer dream of a world in which Bart isn't their son. (S)(R) **5.30** *From Beer to Paternity:* Homer goes on a road trip with Duffman and Lisa. (S)(R)
6.00 **Animal Control** 3/12. Dispatch radios the team about a sighting of a cougar. (S)(R) **6.30** 4/12. The office receives a desperate 911 call about a bear in a hot tub. (S1) (S)(R)

8.00 Best Medicine

7.00 **The Simpsons** *Hostile Kirk Place:* Kirk goes on a crusade to censor and control the school curriculum. (S)(R) **7.30** *Pin Gal:* A face from Marge's past coaches her for a bowling tournament. (S)(R)

8.00 **Best Medicine** New episode *There Might Be Blood:* 7/13. Port Wenn holds its annual Blood Factory event, while Martin attempts to hide his blood phobia while treating a seriously ill Louisa. (S1)

9.00 FILM **Dreamgirls** Musical based on the hit Broadway show inspired by the story of Diana Ross and The Supremes, starring Jamie Foxx, Beyoncé Knowles, Eddie Murphy and Jennifer Hudson. In 1960s Detroit, a wannabe music mogul pushes a girl group to stardom but sidelines their talented lead singer in favour of her beautiful sidekick. (2006, 12, 140min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.20 **The 00s: Cinema's Greatest Decade** Alex Zane and guests examine the merits of films from the 2000s. (S)(R)(AD)
12.15 AM **Animal Control** (S1) (S)(R)
1.15 **Grimm** 12/22. Nick and Monroe find a treasure in Germany, while in Portland, Renard joins Hank and Wu to track down a deadly assassin. (S5) (S)(R)
2.10 **Road Wars** (S)(R)(AD)
3.00 **Hawaii Five-0** (S5) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City (S)(AD) **10.40** Our Lives (S)(R)(AD) **11.10** FILM Spider-Man: Homecoming (S)(AD) (2017, 12, 125min) ★★★★ **1.15am** Weather for the Week Ahead (S) **1.20-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Confessions of a Steroid Gang (S)(R) **11.10** FILM Spider-Man: Homecoming: As Scotland. **1.15-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
9.45pm If Walls Could Talk (S)(R) **10.00-10.30pm** Paula McIntyre's Hamely Kitchen USA (S)(R)

WALES
Sky 968, Freesat 968
1.30pm Best of Weatherman Walking (S)(R) **1.45** First Minister's Questions (S) **2.45-3.15pm** Lightning (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cymru, Dad a Fi (AD) **12.30** Heno **1.00** Dim Cwsg i Quinnell (AD) **1.30** Arfordir Cymru: Sir Benfro (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cefn Gwlad **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cymoedd Roy Noble **6.30** Taclo'r Ty (AD) **6.59** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm (AD) **8.25** Rownd a Rownd (AD) **8.55** Newyddion a'r Tywydd **9.00** Seiclo: Tour de France **9.30** Drych: Alex Humphreys: Epilepsi a Fi **10.30-11.35pm** Y Fets (AD)

TV&Streaming week
New issue on sale today

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 FILM **Spider-Man 3** Comic-book adventure sequel starring Tobey Maguire. A mysterious substance turns Spider-Man's suit jet-black and brings out a dark side to his personality. He must conquer his inner demons before he can defeat two new adversaries. (2007, 12, 139min) ★★★
9.15 **I Kissed a Girl** New editions 9/10. The women decide whether to commit to a relationship or call time on their romance.
10.05 **I Kissed a Girl: The Reunion** Series finale 10/10. Dannii Minogue gets the women back together to unpick all the drama.
10.50 FILM **Cowboys & Aliens** Sci-fi western starring Daniel Craig and Harrison Ford. (2011, 12, 119min) ★★★
12.40 AM **Top Gear**
1.45 **World Cup 2018**
1.55 **BBC New Comedy Awards**
2.25 **to 4.00** AM **Kidnapped by My Mum**

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael Portillo visits Havant in Hampshire.
7.30 **Canal Boat Diaries** Robbie Cumming explores the Victorian village of Saltaire in West Yorkshire.
8.00 **Penelope Keith Remembers... To the Manor Born** The actor, who died last month at the age of 86, reflects on her role in *To the Manor Born*.
8.15 **To the Manor Born** DeVere decides to shoot a commercial at Grantleigh.
8.45 **The Good Life** Tom tries to market his garden produce.
9.15 **Hay Fever** Noël Coward comedy starring Penelope Keith and Paul Eddington.
10.45 **Corridors of Power: Should America Police the World?** 1&2/8. Documentary examining the US's status as the world's only global superpower.
12.40 AM **American Visions**
1.40 **Letters from Baghdad**
3.10 **to 3.40** AM **Great British Railway Journeys**

MORE4

136/137 127 147 18 124 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest from Inverness.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **George Clarke's Old House, New Home** George visits a couple who have gutted the interior of their Kent home, helping to add style and proportion to this blank canvas while sticking to the monochrome design.
6.55 **Location, Location, Location** Kirstie and Phil help Priti and Shakti find their first family home while staying close to London.
7.55 **Grand Designs** Kevin McCloud follows a project to transform a classic 1920s cinema in South Yorkshire into a family home.
9.00 **Ancient Egypt by Train with Alice Roberts** 4/4. Alice visits upper Egypt and completes her journey in the city of Aswan.
10.00 **Ancient Autopsy** 2/4. Professor Suzannah Lipscomb explores whether Alexander the Great died from poison, trauma or a deadly virus.
11.05 **999: On the Front Line**
12.05 AM **24 Hours in A&E**
2.15 **999: On the Front Line**
3.20 **to 3.45** AM **A Place in the Sun**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
7.20 **Rude(ish) Tube Shorts**
7.30 **The Simpsons**
8.00 **Ramsay's 24 Hours to Hell and Back** Double bill.
9.55 **Below Deck**
11.00 **Modern Family**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons**
6.30 **Hollyoaks** Frankie tries to prove that Leah knows more than she is letting on.
7.00 **Hollyoaks** Jenson plans to double cross Gemma.
7.30 **The Simpsons** *Sky Police:* Chief Wiggum gets his hands on a military jet pack.
8.00 **Below Deck** New edition Despite a rocky start to their stay at the villa, the crew try to have a good time. But when they head back to St David, their most turbulent charter to date awaits them.
9.00 **Gogglebox** Opinions on *The Cube, Celebrity Ghost Trip* and *Strictly Come Dancing*.
10.00 **Gogglebox** *The Outlaws* and *You* are appraised.
11.05 **Naked Attraction**
12.05 AM **First Dates**
1.10 **Below Deck**
2.10 **The Simpsons**
2.35 **Abbott Elementary**
2.55 **The Goldbergs**
3.45 **Brooklyn Nine-Nine**
5.00 **to 6.00** AM **Ramsay's 24 Hours to Hell and Back**

+1 hr 235/236 306 30 123 256

Tuesday primetime primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Border Security USA**
11.00 **Bull** 2/22. (S6)
12.00 NOON **FBI** 12&13/22. (S8)
2.00 PM **The Rookie** 11/22. A criminal helps the team take down a bigger threat. (S4)
3.00 **Law & Order: Criminal Intent** 21/22. A priest persuades Logan to reopen a decade-old murder case. (S7)
4.00 **Nothing to Declare**

9.00 Irish Blood

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **The Rookie** *Homefront:* 18/20. Nolan discovers he is being sued by a man who claims he used excessive force. (S1)

9 PM
9.00 **Irish Blood** *Under Wraps:* 3/6. Fiona, Musa and Róisín investigate the next clue – a pair of blood-stained gloves. (S1)

10 PM
10.00 **Blue Bloods** *On Dangerous Ground:* 6/21. Danny and Jamie clash over a gang-related shooting. (S13)
11.00 **The Rookie** 8/22. (S4)
12.00 M'T **FBI** 10&11/22. (S8)
2.00 AM **Fire Country** New episode 3/20. A zipline accident escalates into a wildfire. (S4)
3.00 **Law & Order: Criminal Intent**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Air Ambulance ER**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill of editions.
8.00 **Deadwood** 5&6/12. (S2)
10.00 **Homicide: Life on the Street**
12.00 NOON **Billions** 11&12/12. (S1)
2.05 PM **Succession** 3&4/10. (S4)
4.30 **Gomorrah** 5/12. Patrizia is put to the ultimate test when the seizure of a shipment threatens to throw the clans into war. **5.30** 6/12. Nicola tries to regain Patrizia's confidence. Subtitled. In Italian. (S4)
6.30 **The Gilded Age** 1/9. Drama starring Louisa Jacobson. (S1)

9.00 Faithless

7.00 **The Gilded Age** (started at 6.30pm)

8.00 **The Gilded Age** *Money Isn't Everything:* 2/9. Tom Raikes visits New York, and Oscar van Rhijn hones in on Gladys Russell. (S1)

9.00 **Faithless** New episode *Susanna:* 3/6. In 1978, David and Marianne grow closer while filming a movie together.

10.00 **Faithless** New episode *Scandinavian Freedom:* 4/6. David revisits the past. Subtitled. (S1) ■ Entire series on Box Sets
11.00 **Prisoner** 3/6. While being tracked down, Amber and Tibor turn the tables on Nina and hitch a ride to London. (S1)
12.05 AM **Succession** 2–4/10. (S4)
3.40 **Sort Of** 5/8. (S1)
4.10 **The Guest Wing**
5.05 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.30 **Georgia and Tommy: Baby Steps** Reality series.
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Salt...**
11.15 **Real Housewives of Orange...**
12.10 PM **Dinner Date**
1.10 **Supermarket Sweep**
2.10 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** Reality series.
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

8.00 The 1% Club

7.00 **The Floor USA** New edition Rob Lowe hosts as contestants test their knowledge of TV mums and the Met Gala.

8.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

9.00 **Love Island** New edition Relationship-based reality show in which singletons seeking a romance compete to find love.

10.05 **Love Island: The Debrief** New edition Daily *Love Island* reactions.
10.35 **Family Guy** 28/30. Part one of three. Stewie tries to be nice. (S4)
11.05 **Family Guy** 23/30. (S4)
11.35 **American Dad!** (S5&4)
12.35 AM **Bob's Burgers** (S14)
1.30 **G'wed** 6/7. (S3)
2.05 **Plebs** 3/8. (S2)
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.25 **Heartbeat** Double bill.
1.30 PM **Midsomer Murders** *The Curse of the Ninth:* A performer at a music festival is killed and a priceless violin is stolen.
3.35 **Classic Emmerdale**
4.45 **Classic Coronation Street**
5.50 **Heartbeat** *Sylvia's Mother:* Maggie's suspicions are aroused by the death of a close friend's mother.

11.00 Wycliffe

6.55 **Heartbeat** *Safe House:* Mike and Jackie receive orders to provide a safe refuge for a dangerous police informant.

8.00 **Vera** *The Deer Hunters:* A suspected poacher is killed by a single gunshot wound, prompting Vera to investigate why he had recently returned to Northumberland after being away for 15 years.

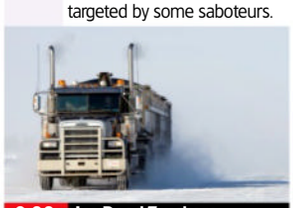
10.00 **Law & Order: UK** *Repeat to Fade:* 8/8. A mother is stabbed to death and the suspect unintentionally confesses to Ronnie, but the detective struggles to get anyone to believe what he has heard. (S8)
11.00 **Wycliffe** 6/8. (S3)
11.55 **Trial & Retribution** 1/2. (S4)
2.05 **to 2.30** AM **George and Mildred**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.05 **Dempsey and Makepeace**
9.10 **Boon**
10.15 **The Champions**
11.20 **BattleBots**
12.25 PM **Magnum, PI**
2.35 **Dempsey and Makepeace**
3.45 **Boon**
4.50 **The Champions** *The Mission:* Craig and Sharron pose as gangsters to entrap criminals.
5.55 **Minder** *Come in T-64, Your Time Is Ticking Away:* Arthur's minicab firm is targeted by some saboteurs.


9.00 Ice Road Truckers

7.00 **King of the Roads** County Armagh is the stopover for the King of the Roads as the Tandragee 100 road race returned.

8.00 **World Superbike Highlights** Action from the eighth round of the campaign, which came from Donington Park.

9.00 **Ice Road Truckers** A flooded road threatens to leave Alex stranded as he hauls groceries to an isolated community.

10.00 **Wrestling: AEW Collision** Hard-hitting action, featuring stars including Thunder Rosa, Jon Moxley and Jay White.
12.00 M'T **Dark Side of the Ring** A look back at the 'Montreal Screwjob', one of wrestling's infamous off-script moments.
1.00 AM **Auf Wiedersehen, Pet**
2.00 **BattleBots**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **My Kind of Town** Ian Hamilton visits Stornoway in the Western Isles.
8.00 **This Farming Life** The Imries prepare for their biggest event so far.
9.00 **Lockerbie: Our Story** Families of six Lockerbie bombing victims tell their loved ones' stories in a film about the power of love, hope and the unbreakable bonds of family and friendship.
10.00 **Lover, Liar, Predator** Following four survivors of the same man who joined forces to end their nightmare and bring him to justice.
11.25 **Jules and Greg's Wild Swim** 5/5. The couple brave the chilly waters of Garlieston Bay and Mossyard Beach.
11.55 PM **to 12.00** M'T **Loop**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **Breeders** 3&4/10. (S3)
10.00 **Upright** 1&2/8. (S1)
11.15 **Will & Grace** (S6)
12.15 PM **The Comeback** (S3)
1.30 **Upright** 1&2/8. (S1)
2.45 **Will & Grace** (S5)
3.45 **Hacks** 3&4/8. (S2)
5.00 **Community** (S5)
6.00 **Will & Grace** (S6)
7.00 **The Office (US)** 10/25. Michael's inappropriate cards upset Carol. **7.30** 11/25. Michael deals with being dumped. (S3)
8.00 **Breeders** 3/10. Paul raids Leah's collection of heavy-duty painkillers. **8.30** 4/10. Ava and Luke feel frozen out. (S3)
9.00 FILM **Quartet** Comedy drama with Maggie Smith. (2012, 12, 94min) ★★★★
11.00 **Hacks** 3&4/8. (S2)
12.15 AM **Breeders** (S3)
1.15 **Community** (S5)
2.15 **Avenue 5** 8/8. (S2)
2.50 **The Comeback** (S3)
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Nutcracker**
7.45 **The Joy of Painting**
8.55 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Classic Movies: The Railway Children**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **Discovering**
4.00 **Guy Garvey: From the Vaults** Clips from 1978.
5.00 **Portrait Artist 2020**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **The Phantom of the Opera at the Royal Albert Hall** Musical.
10.50 **Love Never Dies**
12.50 AM **Fanny: The Other Mendelssohn**
2.40 **Lily and Lolly: The Forgotten Yeats Sisters**
4.10 **Wordsworth & Coleridge Road Trip**
5.05 **to 6.00** AM **Classic Movies: The Railway Children**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Border Patrol**
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 7/26. (S5)
5.00 **Stargate SG-1** (S7)
6.00 **Stargate Universe** (S1)
7.00 **Star Trek: The Next Generation** *Final Mission:* 9/26. Picard takes Wesley on a mission. (S4)
8.00 **Agatha Raisin** *As the Pig Turns:* 4/4. The gang visit a fayre. (S3)
10.00 **Caught on Dashcam**
11.00 **Star Trek: Enterprise**
12.00 M'T **Warehouse 13** (S5)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** A team of five called Bits and Bobs take part in the quiz.
3.00 **Who Wants to Be a Millionaire? Christmas Special** Joe Marler and Katherine Ryan take part.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as a contestant tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Who Wants to Be a Millionaire?** Big-money quiz show.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Riddiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **The Dog House**
8.00 **Location, Location, Location** House-hunting in Buckinghamshire.
9.00 **24 Hours in A&E** A 10-week-old baby is rushed in after choking on his milk at home.
10.00 **24 Hours in Police Custody: The Home County Cartel** 1/2. Documentary focusing on the importation of huge quantities of Class A drugs into the UK.
11.05 FILM **Beau Is Afraid** Horror comedy starring Joaquin Phoenix. (2023, 15, 179min) ★★★★
2.40 AM **Celebrity Gogglebox**
3.45 **Gogglebox**
4.40 **to 4.50** AM **Sunday Brunch**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S3)
2.00 **SurrealEstate** 7/10. (S2)
3.00 **Warehouse 13** 7/13. (S1)
4.00 **Stargate SG-1** 7/22. (S7)
5.00 **Star Trek: Voyager** 1/26. Part two of two. Seven refuses to help Ransom restore the enhanced warp drive. (S6)
6.00 **Star Trek: Enterprise** 24/26. Archer learns of the death of a former rival. (S2)

9.00 From

7.00 **Stargate Atlantis** *The Return – Part One:* 10/20. Ancients return to reclaim a lost city. With Richard Dean Anderson. (S3)

8.00 **Stargate SG-1** *Enemy Mine:* 7/22. Daniel reunites with former comrade Chaka. (S7)

9.00 **From** *Best Laid Plans:* 7/10. As Tabitha and Jade's history is brought to light, things begin to unravel for another resident. (S4)

10.00 **Grimm** *The Rat King:* 5/22. Nick and Hank meet the Rat King after being called to a crime scene at the local dump. (S5)
11.00 **The Walking Dead** 11/16. Rick realises that Alexandria may not be as safe as he and his friends initially thought. (S6)
12.00 M'T **SurrealEstate** 7/10. A new agent joins the agency. (S2)
1.00 AM **Warehouse 13** 7/13. (S1)
2.00 **The Walking Dead** (S6)
3.00 **From** As shown at 9.00pm.
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S5)
9.00 **Shakespeare & Hathaway: Private Investigators** (S1)
10.00 **The Mentalist** 22/24. (S4)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Unforgettable** (S4)
1.00 PM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries** (S5)
4.00 **The Mentalist** 22/24. (S4)
5.00 **Hudson & Rex** 15/20. Jesse's sister asks him for help (S5)
6.00 **Shakespeare & Hathaway: Private Investigators** 2/10. The duo investigate the death of a care home worker. (S1)

9.00 Allegiance

7.00 **Private Eyes** *Mise en Place:* 2/10. Shade and Angie investigate a murder within Toronto's restaurant scene. (S1)

8.00 **Death in Paradise** *Lucky in Love:* 3/9. A lottery winner is found dead at her villa. Guest stars Kelvin Fletcher. (S10)

9.00 **Allegiance** New episode *Shelter from the Storm:* 7/10. A warden is killed in broad daylight. (S2)
■ Entire series on Box Sets

10.00 **The Hunting Party** *Mark Marsden:* 7/10. The team race to catch Mark Marsden, also known as 'The Widower'. (S1)
11.00 **Private Eyes** As 7.00pm.
12.00 M'T **Father Brown** *The Mask of the Demon:* The priest investigates the murder of a B-movie director.
1.00 AM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries** (S5)
3.00 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.25 AM **Highlights**
8.40 **The Green Green Grass**
9.20 **Are You Being Served?**
10.00 **Last of the Summer Wine**
11.20 **Red Dwarf**
12.40 PM **Keeping Up Appearances**
1.20 **Dad's Army**
2.00 **Open All Hours**
2.40 **The Green Green Grass**
3.20 **Are You Being Served?**
4.00 **Dad's Army**
4.40 **Keeping Up Appearances**
5.20 **Last of the Summer Wine**
6.40 **Red Dwarf**

8.00 Keeping Up Appearances

7.20 **Red Dwarf** Rimmer's swashbuckling alter ego returns to the *Starbug* suffering from fatal injuries.

8.00 **Keeping Up Appearances** Hyacinth's plans to take Daddy on a picnic soon backfire.
8.40 **Dad's Army** Captain Mainwaring gets his men to pose as traitors.
9.20 **Not Going Out** Tim joins a band at work and Lucy falls for the guitarist.

10.00 **Red Dwarf: The Promised Land** Feature-length episode. Lister helps three cat clerics that worship him.
12.00 M'T **Not Going Out**
12.40 AM **Men Behaving Badly** The lads try to impress Deborah.
1.15 Dorothy vey much welcomes Gary's suggestion of an open relationship.
1.50 **to 4.00** AM **Red Dwarf: The Promised Land**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.05 AM **Robson Green's Weekend Escapes**
7.40 **Border Force: America's Gatekeepers** Double bill.
9.35 **Rick Stein's Road to Mexico**
11.35 **Top Gear** Double bill.
1.40 PM **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **The Lakes with Simon Reeve**
4.00 **The Hairy Bikers' Bakeation**
5.00 **Rick Stein's Road to Mexico** Rick's travels take him through Mexico City and Puebla.
6.00 Rick visits Oaxaca, home to Mexico's national cheese.

5.00 Rick Stein's Road to Mexico

7.00 **Mortimer & Whitehouse: Gone Fishing** Bob and Paul head off for a festive fishing trip to Norway, travelling to Vesteralen and the Lofoten Islands.
8.20 **Would I Lie to You?** With Reginald D Hunter, Ken Livingstone, Stephen Mangan and Fern Britton.

9.00 **Have I Got a Bit More News for You** David Dimbleby hosts the quiz, with guests Henning Wehn and Stacey Dooley.

10.00 **QI XL** Sandi Toksvig hosts an 'Upsadaisy' edition, with Justin Moorhouse, Emmanuel Sonubi, Holly Walsh and Alan Davies.
11.00 **8 Out of 10 Cats Best Bits** With Paisley Billings, Josh Jones and Tom Read Wilson.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **QI XL** With Maisie Adam.
3.00 **to 4.00** AM **8 Out of 10 Cats Best Bits**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.25 AM **The Bill**
8.15 **Doctors**
9.35 **Classic Holby City**
10.55 **Classic Casualty**
11.55 **The Bill**
1.00 PM **Classic EastEnders**
2.20 **Tenko**
3.25 **Pie in the Sky**
4.25 **Lovejoy**
5.25 **Waiting for God**
6.00 **Last of the Summer Wine** Gullible Lenny hears a voice from above. With Bobby Ball.
6.40 Clegg takes care of a friendly dog for the day.

6.00 Last of the Summer Wine

7.20 **Last of the Summer Wine** Auntie Wainwright sends Tom and Smiler on an important mission to collect a new vehicle.

8.00 **'Allo 'Allo!** Rene is reunited with his childhood sweetheart.
8.35 Rene is in trouble with the Resistance.

9.05 **'Allo 'Allo!** In the aftermath of her wedding day, Denise is out for blood.
9.40 **New Tricks** *The Russian Cousin:* UCOS look into the murder of a private investigator who was stabbed through the heart in a suspected robbery gone wrong.

11.00 **Silent Witness** *Falling Angels:* A man is run down and killed by a Tube train, and soon after a female vicar is murdered on the Underground.
1.20 AM **Lovejoy**
2.30 **Waiting for God**
3.00 **to 4.00** AM **Harry Wild**

+1 hour 243 316 60 260

Tuesday

7 PM 8 PM 9 PM 10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 15-17/21. (S19)
11.55 **Law & Order** (S2&3)
6.00 PM **NCIS** *Too Many Cooks:* 10/22. The agents investigate the suicide of a professor.
7.00 *Bridges:* 11/22. Parker discovers he's a victim of identity theft.
8.00 *Big Rig:* 12/22. An old pal of Torres' disappears. (S20)
9.00 **Law & Order: Special Victims Unit** *Fractured:* 1/22. The team look into a brutal attack on a group of law students. (S26)
10.00 *Home Invasions:* 14/23. A gunman opens fire in a family's home.
11.00 *Hunting Ground:* 15/23. A child prostitute disappears. (S13)
12.00 M'T **Law & Order: Special Victims Unit**
1.55 **to 3.50** AM **Beauty and the Beast**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **999: Killer on the Line** The story of how Christopher Strettle spun a web of lies after murdering his friend.
10.00 **999: Critical Condition**
11.00 **Skin A&E**
12.00 M'T **Scam City**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Skin A&E**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
10.00 **Police Interceptors**
11.00 **Gunsmoke**
12.05 PM **FILM Pillars of the Sky** Western. (1956, PG, 95min) ★★
2.05 **FILM The Last Challenge** Western starring Glenn Ford. (1967, PG, 90min) ★★
4.00 **The Motorway**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Police Code Zero: Officer Under Attack**
11.00 **The X-Files** 20/24. (S4)
12.00 M'T **World Cup: Uncensored with Piers Morgan** Discussion.
1.00 AM **Outback Truckers**
2.00 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **The Supervet**
6.00 **DIY SOS: The Big Build**
8.00 **999 Rescue Squad** A police chase ends with a spectacular crash.
9.00 **The Pike County Murders: A Family Massacre** Series finale 3/3. George Wagner's trial exposes secrets that send shockwaves through the community.
10.00 **The TikTok Effect** Evidence that unusual behaviour on TikTok has started spilling out into the real world.
11.10 **Nurses on the Ward**
1.10 AM **Amanda & Alan's Italian Job**
1.55 **to 3.00** AM **Death at the Mansion: Rebecca Zahau**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Bangers & Cash**
10.00 **Battle Honours**
11.00 **The Great War in Numbers** Documentary.
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
3.00 **Bangers & Cash: Restoring Classics**
4.00 **Battle Honours**
5.00 **The Great War in Numbers** Documentary.
6.00 **Antiques Roadshow** The team head to Manchester Town Hall.
7.00 **Planet Earth III** David Attenborough focuses on wildlife in coastal regions.
8.00 **Bangers & Cash**
11.00 **Bangers & Cash: Restoring Classics**
12.00 M'T **Bangers & Cash**
1.00 AM **Find It, Fix It, Flog It**
2.00to 3.00 AM **Robson Green's Weekend Escapes**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Corfu.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **The Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House** Angus clears a menagerie of animal-themed heirlooms.
8.00 **Antiques Road Trip**
9.00 **Rich House, Poor House** Business owners swap homes with a family living on £56 a week.
10.00 **Who Do You Think You Are?** With Chris and Xand van Tulleken.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

SKY SKY STREAM | VIRGIN HD | FREEVIEW HD | FREESAT HD | FREELY | EE HD

TUESDAY Entertainment

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S4)
9.00 **Doctor Finlay** (S2)
10.00 **Hamish Macbeth** (S1)
11.00 **Little House on the Prairie** 3&4/25. (S1)
1.00 PM **The Waltons** (S4)
4.00 **Little House on the Prairie** 3&4/25. (S1)
6.00 **Hamish Macbeth** (S1)
7.00 **M*A*S*H** 13/26. Father Mulcahy is forced to play the black market. **7.30** 14/26. Father Mulcahy becomes a hero. **8.00** 15/26. Father Mulcahy writes home. **8.30** 16/26. BJ becomes a surrogate father. (S7)
9.00 **Brush Strokes** 7-9/13. Triple bill. (S1)
11.00 FILM **George and Mildred** Comedy spin-off starring Yootha Joyce and Brian Murphy. (1980, PG, 93min) ★★
1.00 AM **M*A*S*H** (S7)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.00 AM FILM **Wrangler** Australian western. (1989, 12, 92min) ★★
11.00 **Tombstone Territory**
12.00 NOON **The High Chaparral** Double bill.
2.00 PM **Wanted: Dead or Alive** Double bill.
3.00 FILM **They Came to Cordura** Western. (1959, PG, 123min) ★★★
5.45 FILM **The Ice Road** Action thriller. (2021, 12, 108min) ★★★
8.00 FILM **The Exception** World War Two drama starring Lily James. (2016, 15, 107min) ★★★
10.10 FILM **Eliminators** Thriller starring Scott Adkins. (2016, 15, 94min) ★★
12.10 AM FILM **End of a Gun** Thriller. (2016, 15) ★★
2.00 **Dragon Ball Super**
3.00 **Coast Guard Alaska**
3.50 FILM **Collision Course** Thriller. (2012, PG) ★★
5.15 **to 5.50** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM FILM **Picture Perfect Mysteries: Exit Stage Death** Drama. (2020, PG, 89min) ★★
10.05 FILM **Ruby Herring Mysteries: Silent Witness** Crime drama. (2019, PG, 90min) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S3)
2.00 **Castle** 24/24. (S3)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 1/23. (S4)
8.00 **Unforgettable** (S3)
9.00 **In Plain Sight** (S3)
10.00 FILM **An Emma Fielding Mystery: More Bitter Than Death** Drama. (2019, PG, 90min) ★★
11.55 FILM **Fixer Upper Mysteries: Deadly Deed** Drama. (2018, PG) ★★
1.50 AM FILM **Dangerous Bestie** Crime thriller. (2018, PG, 89min) ★★
3.20 **to 5.00** AM FILM **Dating to Kill** (2019, 12) ★★

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM FILM **Our Take on Love** Romantic drama. (2022, PG, 87min) ★★
10.10 FILM **Love Off the Page** Drama. (2022, PG) ★★
12.05 PM FILM **Romantic Rewrite** Comedy. (2022, PG, 82min) ★★
2.00 FILM **Love, For Real** Romantic comedy. (2021, PG, 84min) ★★
3.50 FILM **Snapshot of Love** Drama. (2022, PG) ★★
5.45 FILM **Love on Iceland** Romantic comedy. (2020, U, 84min) ★★
7.40 FILM **Falling for the Manny** Romantic drama. (2023, PG, 89min) ★★
9.40 FILM **Zoe's Having a Baby** Comedy drama. (2023, U, 90min) ★★
11.40 FILM **The Clue to Love** Drama with Rachel Bles. (2021, U, 89min) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Love, For Real** As 2.00pm.

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** Documentary.
1.00 PM **Celebrity Coach Trip**
2.00 **Case Sensitive**
3.00 **Garden Rescue**
4.00 **Robson Green's Weekend Escapes**
4.45 **This Farming Life**
6.00 **Celebrity Coach Trip**
7.00 **Love Your Garden**
8.00 **Garden Rescue** Turning a neglected cottage garden into a Balinese paradise.
9.00 **Case Sensitive** 2/2. Sally Thorne realises she is in terrible danger.
10.00 FILM **Fanny Hill** Drama. (1983, 18, 98min) ★★
12.00 M'T FILM **Adventures of a Plumber's Mate** Comedy with Christopher Neil. (1978, 18, 88min) ★
2.00 AM **Case Sensitive**
3.00 **This Farming Life**
4.15 **to 5.00** AM **Robson Green's Weekend Escapes**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
10.00 **Doctor in Charge**
10.30 **Mother's Ruin** (S1)
11.00 **The Fenn Street Gang**
11.30 **Frankie's On**
12.00 NOON **Man in a Suitcase**
1.00 PM **Agony** 5/6. (S1)
1.30 **The Gaffer** 1/7. (S3)
2.00 **Second Thoughts** (S2)
2.30 **The Fenn Street Gang**
3.00 **Frankie's On**
3.30 **Boon** 1/13. (S5)
4.30 **Old Country** (S1)
5.00 **Stereo Underground**
6.00 **The Gaffer** 1/7. (S3)
6.30 **Only When I Laugh**
7.00 **Mother's Ruin**
7.30 **Doctor in Charge**
8.00 **Man in a Suitcase** (S1)
9.00 **Drop the Dead Donkey**
10.00 FILM **Emmanuelle in Soho** (1981, 18) ★★
11.20 FILM **Massage Parlour Hookers** (1973, 18) ★★
1.00 AM **Stereo Underground**
2.00 **The Day Pele Came to Town** Documentary.
2.30 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Extinct or Alive**
10.00 **Deadliest Catch**
12.00 NOON **The Alaska Triangle** Documentary.
1.00 PM **Expedition Unknown: Hunt for Extraterrestrials**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch**
8.00 **Deadliest Catch: Inside the Catch**
9.00 **Sewer Divers** Rick tackles a grease trap at a meat cutting facility.
10.00 **Dirty Jobs** Mike ventures into the Arizona desert.
11.00 **Aussie Gold Hunters** The Gold Timers are hit by a freak dust storm.
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **James Martin's Spanish Adventure**
7.00 **The Hairy Bikers' Northern Exposure**
8.00 **Delicious Miss Brown**
9.00 **Jamie's Easy Meals for Every Day** Double bill.
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Champagne**
1.30 **James Martin's Brittany**
2.00 **James Martin's Mediterranean**
3.00 **The Hairy Bikers' Northern Exposure**
4.00 **The Pioneer Woman**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **Jamie's 5 Ingredient Mediterranean Meals** New edition
10.00 **100 Cooks** New edition
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 15/28. (S1)
9.00 **T.J. Hooker** 10/19. (S5)
10.00 **Babylon 5** 3/22. (S2)
11.00 FILM **American Warships** Sci-fi thriller. (2012, 15, 85min) ★★
1.00 PM FILM **The Odessa File** Suspense thriller. (1974, PG, 129min) ★★★
3.30 FILM **House on Haunted Hill** Horror chiller. (1958, b/w, 12, 75min) ★★★
5.00 **Star Trek** 17/24. (S3)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 4/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 FILM **Death Race** Sci-fi adventure. (2008, 15, 105min) ★★★
11.10 FILM **Riddick** Thriller sequel with Vin Diesel. (2013, 15, 122min) ★★★
1.30 AM FILM **Cross the Line** Thriller with Luke Goss. (2015, 15, 87min) ★★
3.15 **to 5.00** AM FILM **Lonesome Dove Church** Western. (2014, 15) ★★

Legend Xtra

316 316 171 69 138 51

9.00 AM **The Gambler III: The Legend Continues** 1/2. Western drama.
11.00 **Andromeda** 18/22. (S3)
12.00 NOON FILM **Mega Storm: Days of Destruction** Thriller. (2011, PG, 89min) ★★
2.00 PM **The Gambler III: The Legend Continues** 2/2. Western drama.
4.00 **Walker, Texas Ranger**
5.00 FILM **Apocalypse of Ice** Disaster drama. (2020, PG, 88min) ★★
7.00 **Andromeda** 19/22. (S3)
8.00 **The A-Team** 14/23. (S2)
9.00 FILM **The Fan** Thriller starring Robert De Niro. (1996, 15, 114min) ★★
11.25 FILM **Hot Seat** Adventure starring Mel Gibson. (2022, 15, 99min) ★★
1.30 AM FILM **The Two Faces of Dr Jekyll** Horror. (1960, 15, 88min) ★★
3.15 FILM **Apocalypse of Ice**
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From St Albans.
6.45 **Pawn Stars**
7.30 **Money for Nothing**
8.25 **Container Wars**
9.20 **Storage Wars**
1.05 PM **Pawn Stars**
2.05 **Junk & Disorderly**
3.05 **Full Custom Garage**
4.05 **Ancient Aliens**
5.00 **UFO Chronicles**
6.00 **Storage Wars Canada**
7.00 **Money for Nothing**
8.00 **Dickinson's Real Deal**
9.00 **Death Coast** A shipwreck search in the Atlantic.
10.00 **Junk & Disorderly**
11.00 **Swamp People: Serpent Invasion**
12.00 M'T **History's Most Shocking** The story of an exploding whale.
1.00 AM **UFO Chronicles**
2.00 **Mysteries from Above**
3.00 **Container Wars**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
11.00 **Ben Fogle: New Lives in the Wild** Oxfordshire.
12.00 NOON **All Creatures Great and Small** (S2)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Coastal Adventures with Helen, Jules & JB**
6.00 **Great British Bike Rides**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Ellis** *Elmsly – Part One:* 3/4. Ellis investigates when a student is killed beneath fallen scaffolding. (S2)
10.00 **The Madame Blanc Mysteries** *Beach Club:* 1/6. Jeremy and Judith find a CEO's body in a dinghy. (S4)
11.00 **Prisoner: Cell Block H**
1.05 AM **Murder, She Wrote**
3.00 **Coastal Adventures with Helen, Jules & JB**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
5.00 **The Bidding Room**
6.00 **Tenable** A team of family members take part.
7.00 **The Chase Celebrity Special** With Mathew Horne, Al Murray, Danny Care and Jodie Kidd.
8.00 **Beat the Chasers**
9.00 **The Chase** Quiz show.
10.00 **The Chase Celebrity Special** With Richard Herring, Tim Lovejoy, Eni Aluko and Kay Burley.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.30** 6/24. Sheldon and Wil Wheaton compete for the role of the new Professor Proton. (S11)
9.00 **Baylen Out Loud** Following a young woman living with Tourette Syndrome.
10.00 **Suddenly Amish** New edition The English outsiders face the realities of Amish work.
11.00 **Dr Pimple Popper**
12.00 M'T **Mike & Molly**
1.00 AM **Dr Pimple Popper**
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Friends** (S2)
9.00 **Everybody Loves Raymond** 3-6/25. (S2)
11.00 **The Upper Hand**
1.00 PM **Friends** (S4&5)
7.00 **Friends** 4/24. Ross faces a dilemma. **7.30** 5/24. Joey discovers Chandler's secret romance. **8.00** 6/24. Emily asks Ross to move away. **8.30** 7/24. Ross decides to move in with Joey and Chandler. (S5)
9.00 **Jimmy Carr's Am I the A**hole?**
10.00 **Mr Bean** 9&10/14. (S1)
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **South Park** (S5)
2.25 AM **Teachers** (S3)
2.50 **Alan Carr: Yap, Yap, Yap!** Stand-up show.
3.35 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S1)
6.50 **Rosie Jones Tries to Help** With Ed Gamble.
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Show** As 7.00pm.
11.00 **Friends** (S2&3)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** 1-4/25. (S2)
7.00 **Michael McIntyre's Big Show** With Alan Carr and Kerry Godliman.
8.00 **The Upper Hand** (S2)
9.00 **Friends** (S2&4)
1.00 AM **8 Out of 10 Cats**
1.50 **Michael McIntyre's Big Show** As 7.00pm.
2.50 **Most Ridiculous**
3.35 **New Girl** 10-13/22. (S6)
5.10 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **Highlights**
10.10 **Bread** 1/14. (S6)
10.45 **Steptoe and Son** (S7)
11.25 **Oh, Doctor Beeching!**
12.00 NOON **Rising Damp**
12.30 PM **Man About the...**
1.00 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 7/15. Drama. (S3)
2.45 **Minder** 2/13. (S3)
3.50 **Just Good Friends** (S2)
4.25 **Man About the House**
4.55 **Bread** 1/14. (S6)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.15 **Rising Damp** 5/7. (S3)
6.45 **Steptoe and Son** (S8)
7.20 **Whatever Happened to the Likely Lads?** (S1)
8.00 **Minder** 10/13. (S9)
9.00 **Benidorm** 4/7. (S5)
9.55 **Shameless** 5/8. (S4)
11.00 **Man About the House**
11.35 **Mind Your Language**
12.05 AM **Benidorm** 4/7. (S5)
1.05 **Minder** 6/13. (S3)
2.05 **Duty Free** 6/7. (S1)
2.30 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
11.00 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: The TV Show** Four editions.
4.00 PM **Judge Judy**
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Rich Kids Go Skint** A privileged woman works with a family man.
8.00 **MTV Cribs** Double bill.
9.00 **Skin A&E** Dr Natalia Spierings tackles one of the biggest lipomas of her career.
10.00 **Tattoo Fixers** A man comes in with a tattoo that has taken his love for Norwich City too far.
11.00 **Geordie Shore**
12.00 M'T **Ridiculousness**
1.00 AM **Ink Master**
2.45 **Ink Master Redemption**
3.35 **to 4.00** AM **Just Tattoo of Us USA**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush: White Water**
11.00 **Buying Alaska**
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.30** Creating conga drums, metal plating and buttons.
5.00 **Alaska: Homestead Rescue** Marty saves a log cabin from crumbling to the ground. **6.00** The Raneys help a family struggling to survive.

10.00 The Last Woodsmen

7.00 **Shorty's Dream Shop** Paul takes one of his '59s and go full lowrider with hydraulics and a custom lowrider paint job.
8.00 **Shorty's Dream Shop** Shorty takes on a 1969 Camaro that needs some love and a 1965 Impala that needs an air ride.
9.00 **Deadliest Catch** A new generation lays claim to an industry that Sig Hansen helped pioneer.
10.00 **The Last Woodsmen** New edition A winter storm is closing in, and disaster strikes when a boom boat sinks.
11.00 **Expedition X** The team investigate Massachusetts' Bridgewater Triangle.
12.00 M'T **Deadliest Catch**
2.00 AM **The Last Woodsmen**
3.00 **Edge of Alaska** Jenny tackles a dangerous survival mission.
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Project Grizzly**
10.00 **Tanked** A piano-shaped tank.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees** A stray dog is in shocking condition.
3.00 **My Cat from Hell** Double bill.
5.00 **Lone Star Law** Wardens Reneau and Stovall suspect a couple of shooting a deer.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff helps 40 miniature Australian shepherd dogs rescued from a puppy mill.

8.00 Guardians of the Glades

7.00 **Treehouse Masters** The team build a treehouse in the style of a rustic river shack along the banks of the Mississippi.
8.00 **Guardians of the Glades** To stop the pythons from establishing new breeding colonies, the team hunt in the Florida Keys.
9.00 **Alaska: The Last Frontier** Atz Lee and Jane rush to the aid of a neighbour who lost access to fresh water on her homestead.
10.00 **Alaskan Bush People: Book of Matt** A profile of Matt, who prides himself on his problem-solving skills.
11.00 **The Haunted** Family members are horrified when they witness their dog being flung across the room by an unseen entity.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Alaska Monsters**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Engineering Europe: Forging Marvels** Documentary.
11.00 **Car S.O.S** A BMW E30 Alpina.
12.00 NOON **Seconds from Disaster**
1.00 PM **Air Crash Investigation**
2.00 **Secret Nazi Science**
4.00 **Ancient Structures: Secrets Revealed** Documentary.
5.00 **Draining the North Sea: Submarines at War** The development of U-boats.
6.00 **World War II: Secrets from Above** A look at history's largest amphibious invasion.

4.00 Ancient Structures

7.00 **Air Crash Investigation** The worst aviation disaster in Sumatra's history, in which a plane crashed into the jungle.
8.00 **Mega Marine Machines** New edition Crews at the most critical link in America's industrial chain battle ice and time.
9.00 **Construction Fails** Engineers race to stop towering structures from falling apart.
10.00 **Disaster Autopsy** Analysis of the crash of Polish airlines LOT flight 007, and a chemical leak at a pesticide factory.
11.00 **Air Crash Investigation**
12.00 M'T **Inside Melbourne Airport** A tense emergency unfolds as illicit drugs are found onboard a plane.
1.00 AM **To Catch a Smuggler**
2.30 **Bid & Destroy**
2.55 **Primal Survivor**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

Sky History

123/124 115/116 131 353 368

6.00 AM **Curse of Skinwalker Ranch** Mysterious objects.
6.30 **Digging for Britain**
9.15 **Pawn Stars** A musket rifle.
10.10 **Storage Wars** Four editions.
12.00 NOON **Resistance: They Fought Back**
2.00 PM **World War II with Tom Hanks** Double bill of editions.
4.00 **Auschwitz: Countdown to Liberation** Events leading to the liberation of the camp.
6.00 **American Pickers** Mike Wolfe relives the thrill of stuntman Evel Knievel's career.

9.00 World War II

7.00 **Forged in Fire** Two former champions duel it out in a five-hour round making a pichangatti.
8.00 **Hitler's Engineers** A profile of scientist Walter Heisenberg, who was key in the Nazis' efforts to building an atomic bomb.
9.00 **World War II with Tom Hanks** New editions How the tide began to turn against the Axis powers. **9.55** A look at the resistance to Nazi occupation and oppression throughout the war.
10.50 **Kevin Costner's The West** An epic journey through the birth of the American West.
11.50 **Kevin Costner's The West** Hunter and explorer John Colter, who was one of the first Americans to explore the West.
12.50 AM **World War II with Tom Hanks** Triple bill of editions.
3.40 **World War II: Witness to War** Documentary.
4.35 **to 6.00** AM **Storage Wars**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Eighties**
7.00 **Discovering: Michael Douglas**
8.00 **The Directors**
9.00 **The Movies**
10.00 **The Civil War**
11.05 **History of the Sitcom**
12.00 NOON **Wild Wild Space**
1.50 PM **My Icon: Natasha Jonas**
2.00 FILM **Searching for Sugar Man** (2012, 12) ★★★★
3.45 **My Icon: Jeanette Kwakye**
4.00 **The Directors**
5.00 **Discovering: Michael Douglas**
6.00 NEW **Justin Rose: Chasing Forever** A profile of the golfer.

8.00 The Body Next Door

7.00 **David Frost Vs** A look back at David's first encounter with Muhammad Ali led to an unlikely lifelong friendship.
8.00 **The Body Next Door** 1/3. Documentary about a mysterious death in the South Wales Valleys.
9.00 **The Body Next Door** 2/3. As forensic officers race to find evidence, the investigation uncovers a complex web of lies.
10.00 **The Body Next Door** 3/3. Leigh Sabine becomes the prime suspect, but she flees to New Zealand.
11.00 **Kurt Cobain: Montage of Heck** Brett Morgen explores the Nirvana frontman's childhood, career and death.
1.30 AM **Jealous Guy: The Assassination of John Lennon** The life and career of The Beatles superstar.
3.20 **I Am Joe Frazier**
5.00 **to 6.00** AM **Discovering: Michael Douglas**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Crystal Hunters** Double bill.
1.00 PM **Ant Anstead: Born Mechanic**
2.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** A coin collection.
6.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip**
8.00 **Shed and Buried**
9.00 **Shed and Buried: Classic Cars** Henry and Fuzz find a Mini Clubman racing car in Surrey.
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress: UK** Double bill.
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Disappeared**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Nurses Who Kill**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Body Cam** New editions Troopers rescue a driver trapped in a flood. **10.00** A carjacker shoots an officer before going on the run.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** Focusing on the case of Faria Khan.
8.00 **UK Crime Files: The Road Rage Killer** The case of Tracie Andrews.
9.00 **UK Crime Files: Murderous Bigamist** The case of Pierre LeGris, who reported his wife missing in Dorset.
10.00 **Killers: Caught on Camera** Investigating the disappearance of a five-year-old boy.
11.00 **Secrets of a Murder Detective** The murder of Champion Ganda.
12.00 M'T **UK Crime Files: The Road Rage Killer**
1.00 AM **UK Crime Files: Murderous Bigamist**
2.00 **Killers: Caught on Camera** As 10.00pm.
3.00 **Murder UK**
4.00 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: Parachute Murder Plot**
9.55 **UK Crime Files: Deadly Taxi Driver**
11.00 **Secrets of a Murder Detective** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: Justice For My Brother**
3.00 **UK Crime Files: Last Taxi Rider**
4.00 **Secrets of a Murder Detective** The murder of Aseel Al-Essaie.
5.00 **Medical Detectives** A man is found hanging naked from a tree. **5.30** A single mother looking for love vanishes. **6.00** A 20-year-old woman disappears. **6.30** The murder of navy lieutenant Lee Hartley.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Cops**
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Caught on Dashcam**
12.00 NOON **The Suzy Lamplugh Mystery**
1.00 PM **Murdered at First Sight** Yingying Zhang.
2.00 **World's Most Evil Killers**
3.00 **Killing Mum and Dad**
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Killer in My Village**
10.00 **Catching the Killer**
11.00 **How I Caught the Killer**
12.00 M'T **World's Most Evil Killers** Jerald Wingeart.
1.00 AM **Catching the Killer**
2.00 **Murdered at First Sight**
3.00 **Caribbean Cops**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered: Earth's Extremes**
8.35 **Treasures Decoded**
9.35 **Weathered: Earth's Extremes** Documentary.
10.10 **Bombshell**
11.55 **The War** As 9.00pm.
1.00 PM **Weathered: Earth's Extremes** Documentary.
1.35 **Treasures Decoded**
2.35 **Bombshell** As 7.10pm.
4.25 **Weathered: Earth's Extremes** Documentary.
5.00 **The War** As 9.00pm.
6.05 **Treasures Decoded**
7.10 **Bombshell** How the US government manipulated the narrative about the human impact of the bombings of Hiroshima and Nagasaki.
9.00 **The War** Servicemen from four American communities recall the events of D-Day.
10.10 **Bombshell** As 7.10pm.
12.00 M'T **Treasures Decoded**
1.00 **to 2.00** AM **Weathered: Earth's Extremes**

Sky Nature

124/125 113/114 135 354 369

- 6.00 AM **Hope for Wildlife**
- 7.00 **Monkey Life**
- 8.00 **Coastal Africa**
- 9.00 **Great Blue Wild**
- 10.00 **Gladiators**
- 11.00 **Secrets of the Enchanted Waters** Documentary.
- 12.00 NOON **Australia's Hidden Islands** Documentary.
- 1.00 PM **Monkey Life**
- 2.00 **Coastal Africa**
- 3.00 **Great Blue Wild**
- 4.00 **Gladiators**
- 5.00 **Secrets of the Enchanted Waters** Documentary.
- 6.00 **Australia's Hidden Islands**
- 7.00 **Monkey Life** Double bill.
- 8.00 **Wild Science**
- 9.00 **Islands**
- 10.00 **Australia's Hidden Islands**
- 11.00 **Secrets of the Enchanted Waters** Documentary.
- 12.00 M'T **Land of Primates**
- 1.00 AM **Hope for Wildlife**
- 2.00 **Wild Science**
- 3.00 **Islands**
- 4.00 **Coastal Africa**
- 5.00 **to 6.00** AM **Great Blue Wild**

Sky History 2

163/168 143 186

- 6.00 AM **Ancient Aliens**
- 8.00 **Life After People**
- 9.00 **Combat Ships**
- 10.00 **Secret Wars Uncovered**
- 11.00 **Ancient Aliens**
- 1.00 PM **World War Weird**
- 6.00 **Mysteries from Above**
- 7.00 **UFO Hunters** The January 2008 mass UFO sightings between Fort Worth and Houston, with focus on the town of Stephenville, Texas.
- 8.00 **Hell on Earth: WWII** Charting the conflict from the Indian border in Burma to China, at war with Japan since 1937, as well as Hitler's renewed assault on the Soviet Union.
- 9.00 **Dark Marvels: Killing Machines** The dark stories behind some of history's most notorious methods of execution.
- 10.00 **Secrets of the Hells Angels** The 1977 murder of Margo Compton and her six-year-old twin daughters in rural Oregon.
- 11.00 **Ancient Aliens** Double bill.
- 1.00 AM **UFO Hunters**
- 2.00 **to 6.00** AM **World War Weird**

Discovery Science

167 148 179

- 8.00 AM **NASA's Unexplained Files**
- 11.00 **The Dino Hunters**
- 1.00 PM **Truth Behind the Moon Landing** Double bill.
- 3.00 **Killers of the Cosmos**
- 4.00 **Through the Wormhole with Morgan Freeman** Double bill.
- 6.00 **How Do They Do It?**
- 9.00 **Street Science** Kevin Delaney takes to the streets to demonstrate the science behind spectacular experiments to members of the public. **9.30** Kevin makes use of unconventional materials to craft home-made rockets. **10.00** Kevin takes to the streets to create a swirling fire tornado out of kerosene. **10.30** Kevin and his experts use a race car to put a new twist on an old magic trick.
- 11.00 **The Explosion Show**
- 1.00 AM **Killers of the Cosmos**
- 2.00 **Through the Wormhole with Morgan Freeman** Double bill.
- 4.00 **to 6.00** AM **Secrets Underground**

+1hr 267 379

Crime+Investigation

139/140 142 133

- 6.00 AM **The First 48**
- 7.00 **Homicide Hunter**
- 9.00 **Fugitive Hunters: Mexico**
- 10.00 **My Strange Arrest**
- 10.30 **Court Cam**
- 11.00 **Murder Detective**
- 2.00 PM **Green Eyed Killers**
- 3.00 **Murdered by Morning**
- 6.00 **On the Case with Paula Zahn**
- 7.00 **The First 48**
- 8.00 **Green Eyed Killers** A jealous love triangle turns deadly as tensions explode into gunfire.
- 9.00 **Staged: Deadly Deception** New edition Shocking cases where crime scenes were staged to conceal the truth.
- 10.00 **The Death Investigator with Barbara Butcher** New edition Suitcases of dismembered remains wash ashore in Virginia.
- 11.00 **Very Scary People**
- 12.00 M'T **Britain's Darkest Taboos**
- 1.00 AM **Real Murders of Atlanta**
- 2.00 **Staged: Deadly Deception**
- 3.00 **Imperfect Murder**
- 5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

- 8.00 AM **The Incredible Dr Pol**
- 9.00 **Secrets of the Zoo: North Carolina** Documentary.
- 10.00 **America's Wild Southwest**
- 11.00 **Fish Tank Kings**
- 12.00 NOON **The Incredible Dr Pol**
- 1.00 PM **Snakes in the City**
- 2.00 **World's Biggest Mako**
- 3.00 **Shark Men**
- 4.00 **Secrets of the Zoo**
- 5.00 **The Incredible Dr Pol**
- 6.00 **Yukon Vet**
- 7.00 **Killer Whale Chronicles** 1/2. The mysterious world of orcas. **8.00** 2/2. A look at how orcas pass down knowledge through generations.
- 9.00 **Killer Shark vs Killer Whale** The mystery of orcas attacking great white sharks.
- 10.00 **Northwoods Survival** The locals demonstrate skills for thriving in deep winter.
- 11.00 **Ice Road Rescue**
- 12.00 M'T **Alaska Animal Rescue**
- 1.00 AM **Animals Gone Wild**
- 2.00 **The Incredible Dr Pol**
- 3.00 **Yukon Vet**
- 4.00 **to 5.00** AM **Fish Tank Kings**

Discovery History

161/172 147 181

- 7.00 AM **Bullet Points**
- 8.00 **Combat Dealers**
- 9.00 **Blowing Up History**
- 11.00 **Salvage Hunters**
- 1.00 PM **How the Universe Works**
- 2.00 **Aliens in Alaska**
- 3.00 **Expedition Unknown**
- 4.00 **Expedition X**
- 5.00 **Mysteries at the Museum**
- 7.00 **How the Universe Works** The science behind the sun.
- 8.00 **Bullet Points** Examining how the United States' hostile confrontation with two communist giants in the Far East opened the way for a free and democratic South Korea.
- 9.00 **Legendary Locations** Exploring six locations where the dead are never forgotten.
- 10.00 **How Do They Do It?**
- 11.00 **Combat Dealers**
- 12.00 M'T **How the Universe Works**
- 1.00 AM **Mysteries at the Museum**
- 3.00 **Expedition X**
- 4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

- 9.00 AM **Inside the Ambulance: Coast and Country**
- 1.00 PM **Inside the Ambulance: Coast and Country**
- 5.00 **Secrets of the Transport Museum** A historic Frazer Nash car must be fixed before a big race. Plus, the first car ever to go round the track is resurrected. **6.00** A Delage V12 famous for early women's records on the track returns to be driven by a modern-day legend. **7.00** There's a battle against the elements for vintage aircraft to grace Brooklands' skies. **8.00** An F1 racer goes on a perilous journey and there's a brand new addition to the exhibit – a Formula E car. **9.00** The Napier-Railton – the legendary racing car and jewel in the museum's motoring crown – is put through its paces.
- 10.00 **Secrets of the Transport Museum** Eight editions.
- 5.30 **to 6.00** AM **Great British Railway Journeys**

+1hour 266 376

ID

154 140 166

- 8.00 AM **Murder Comes to Town**
- 12.00 NOON **Evil Online**
- 1.00 PM **American Monster**
- 3.00 **Twisted Love**
- 4.00 **Love Kills**
- 7.00 **Betrayed** Focusing on the murder of respected cancer therapist and funeral home worker Julie Bowling. **8.00** The murder of friendly store cashier Elizabeth Grosskopf, who opened her home to those in need.
- 9.00 **Signs of a Psychopath** In a brazen public execution, a killer guns down a young man in a car park. When police track down the suspect, they find a cold-blooded psychopath. **9.30** A woman reports her 50-year-old father and six-year-old daughter missing.
- 10.00 **Evil Lives Here**
- 11.00 **On the Case with Paula Zahn**
- 12.00 M'T **Twisted Sisters**
- 2.00 AM **Twisted Love**
- 3.00 **Love Kills**
- 4.00 **to 6.00** AM **Betrayed**

+1hour 254 366

Discovery Turbo

158 146 180

- 7.00 AM **How Do They Do It?**
- 8.00 **Motor Pickers**
- 9.00 **Salvage Hunters: Classic Cars**
- 10.00 **Shed and Buried**
- 11.00 **Richard Hammond's Workshop**
- 12.00 NOON **Roadworthy Rescues**
- 1.00 PM **Garage Rehab**
- 2.00 **Ant Anstead Master Mechanic**
- 3.00 **Hand Built Hot Rods**
- 4.00 **Salvage Hunters: Classic Cars**
- 5.00 **Faster with Finnegan**
- 6.00 **Wheeler Dealers**
- 7.00 **Shed and Buried**
- 8.00 **Faster with Finnegan** Mike recycles a supercharger from a wrecked T-Bird and adds it onto a 1978 Ford Fairmont.
- 9.00 **Outback Truckers**
- 10.00 **Hand Built Hot Rods**
- 11.00 **Shed and Buried: Classic Cars**
- 12.00 M'T **Faster with Finnegan**
- 1.00 AM **Richard Hammond's Workshop** Neil, Richard and the Cogs are under pressure to finish Monty's Rolls Royce.
- 2.00 **Iron Resurrection**
- 3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

- 6.15 AM **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
- 7.55 **Wicked: For Good** As 6.00pm.
- 10.20 **Grand Prix of Europe** Animation. (2025, U, 98min)
- 12.00 NOON **Mile End Kicks** Comedy. (2025, 15, 111min) ★★★★
- 1.55 PM **Civil War** Action thriller. (2023, 15, 109min) ★★★★
- 3.50 **Anemone** As 12.35am.
- 6.00 **Wicked: For Good** Fantasy. (2025, PG, 137min) ★★★

10.20 Lee Cronin's The Mummy

8.25 Redux Redux Fantasy thriller starring Michaela McManus. A woman travels through parallel universes, repeatedly killing her daughter's murderer. With Stella Marcus and Jeremy Holm. (2025, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

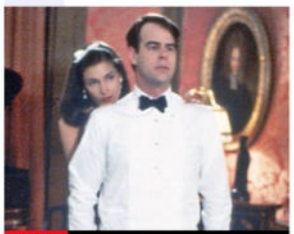
10.20 Lee Cronin's The Mummy Supernatural horror starring Natalie Grace, Jack Reynor and Laia Costa. The young daughter of a journalist disappears into the desert without trace – only to return eight years later. (2026, 18, 134min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.35 AM **Anemone** Drama starring Daniel Day-Lewis and Sean Bean. (2025, 15, 125min) ★★★
- 2.45 **Black Phone 2** Horror sequel. (2025, 18, 114min) ★★★★
- 4.40 **to 6.20** AM **LifeHack** Thriller. (2025, 15, 97min)

Sky Cinema Directors

303 303 403 503 517

- 6.10 AM **Eddington** Western. (2025, 15, 148min) ★★★★
- 8.40 **Catch Me If You Can** Steven Spielberg's crime adventure. (2002, 12, 141min) ★★★★★
- 11.00 **Jaws** Steven Spielberg's thriller. (1975, 12, 125min) ★★★★★
- 1.20 PM **Jurassic Park** Thriller. (1993, PG, 127min) ★★★★★
- 3.30 **Mulholland Drive** Thriller. (2001, 15, 146min) ★★★★
- 6.00 **Trading Places** Comedy. (1983, 15, 116min) ★★★★



6.00 Trading Places

8.00 Sinners Horror thriller starring Michael B Jordan. Twin brothers return to their hometown to start over, only to find a dark force waiting to welcome them back. With Miles Caton, Hailee Steinfeld and Delroy Lindo. (2025, 15, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 Weapons Horror starring Julia Garner. When all but one child from the same class vanish on the same night, a community is left questioning their disappearance. (2025, 18, 128min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

- 12.45 AM **Se7en** Director David Fincher's dark thriller starring Morgan Freeman and Brad Pitt. (1995, 18, 127min) ★★★★
- 3.00 **Trading Places** As 6.00pm.
- 5.00 **to 6.50** AM **Mad Max** Cult thriller set in a desolate near future, starring Mel Gibson. (1979, 15, 93min) ★★★★★

Sky Cinema Drama

310 310 410 510 524

- 6.10 AM **All Is True** As 2.40am.
- 8.00 **Cries and Whispers** Ingmar Bergman's drama. Subtitled. (1972, 18, 106min) ★★★★★
- 9.40 **The End of the Affair** Romantic drama. (1955, PG, 106min) ★★
- 11.30 **Murder at Yellowstone City** Western starring Gabriel Byrne. (2022, 15, 127min) ★★★
- 1.40 PM **Legends of the Fall** Drama. (1994, 15, 133min) ★★★★
- 4.00 **Lost in Translation** Bittersweet romantic comedy drama. (2003, 15, 102min) ★★★★★
- 5.45 **Erin Brockovich** Fact-based drama starring Julia Roberts. (2000, 15, 133min) ★★★★
- 8.00 **A Star Is Born** Drama starring Lady Gaga and Bradley Cooper. (2018, 15, 136min) ★★★★★
- 10.20 **Terms of Endearment** Oscar-winning comedy drama starring Shirley MacLaine, Debra Winger and Jack Nicholson. (1983, 15, 132min) ★★★★★
- 12.45 AM **The End of the Affair** Romantic drama starring Ralph Fiennes and Julianne Moore. (1999, 18, 101min) ★★★★
- 2.40 **All Is True** Ben Elton-scripted drama. (2018, 12, 101min) ★★★
- 4.35 **to 6.45** AM **Murder at Yellowstone City** As 11.30am.

Sky Cinema Sci-fi/Horror

311 311 411 511 525

- 6.00 AM **Die Alone** Horror. (2024, 15, 91min) ★★★★
- 7.45 **Anacondas: The Hunt for the Blood Orchid** Adventure sequel. (2004, 12, 97min) ★
- 9.35 **Pet Sematary** Horror thriller. (2019, 15, 101min) ★★★
- 11.25 **The Bride!** Gothic horror. (2025, 15, 126min) ★★★★
- 1.40 PM **Mickey 17** Sci-fi comedy. (2024, 15, 137min) ★★★
- 4.05 **Annabelle** Horror spin-off. (2014, 15, 97min) ★★
- 5.55 **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
- 8.00 **The Shining** Stanley Kubrick's chilling adaptation of Stephen King's bestseller, starring Jack Nicholson and Shelley Duvall. (1980, 15, 119min) ★★★★★
- 10.35 **Black Phone 2** Horror thriller sequel starring Ethan Hawke. (2025, 18, 114min) ★★★★
- 12.40 AM **Van Helsing** Fantasy. (2004, 12, 132min) ★★★
- 3.00 **From Dusk Till Dawn 2: Texas Blood Money** Horror sequel starring Robert Patrick and Bo Hopkins. (1999, 18, 88min) ★★
- 4.40 **Sky Cinema Preview**
- 4.40 **to 7.00** AM **If You Were the Last** Sci-fi romantic comedy. (2023, 15, 92min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

7.05 AM **The SpongeBob Movie: Sponge Out of Water** (2015)
8.40 **Grand Prix of Europe** (2025)
10.20 **Wicked: For Good** (2025)
12.50 PM **Chicken Run** Animation. (2000, U, 84min) ★★★★
2.25 **Spider-Man: Into the Spider-Verse** (2018) ★★★★★
4.25 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
6.00 **Ghostbusters: Afterlife** Comedy. (2021, 12) ★★★★

8.10 Teenage Mutant Ninja...

8.10 **Teenage Mutant Ninja Turtles** Fantasy starring Megan Fox and William Fichtner. Four humanoid amphibians use their martial arts skills to protect New York from a criminal organisation. (2014, 12, 101min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

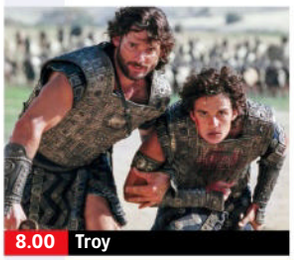
9.55 **Teenage Mutant Ninja Turtles: Out of the Shadows** Fantasy sequel starring Megan Fox. The sewer-dwelling heroes discover their arch enemy has returned and has joined forces with an alien warlord. (2016, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **The Karate Kid** Adventure. (2010, PG, 140min) ★★★
2.10 AM **Charlotte's Web** Screen version of EB White's classic book. (2006, U, 97min) ★★★
3.50 **Sky Cinema Preview**
4.25 **to 6.05** AM **Look Who's Talking** (1989, 12) ★★★

Sky Cinema Action

306 306 407 507 521

7.35 AM **Olympus Has Fallen** Thriller. (2011, 15, 119min) ★★★
9.40 **Kraven the Hunter** (2024)
11.50 **Hellboy II: The Golden Army** Fantasy. (2008, 12) ★★★★
1.55 PM **The Mummy Returns** Action adventure sequel. (2001, 12, 129min) ★★★★
4.05 **300** Epic historical adventure. (2006, 15, 116min) ★★★★
6.05 **Venom: The Last Dance** Fantasy adventure sequel. (2024, 15, 110min) ★★★



8.00 Troy

8.00 **Troy** Epic historical drama starring Brad Pitt. When Trojan prince Paris elopes with Greek royal consort Helen, Greek king Agamemnon conspires to retrieve her as a pretext for invading and conquering Troy. (2004, 15, 163min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **Godzilla** Hollywood remake of the Japanese monster movie, starring Matthew Broderick and Jean Reno. A giant mutant lizard heads for Manhattan, leaving a trail of disaster in its wake. (1998, PG, 139min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.10 AM **S.W.A.T.** Action thriller tarring Samuel L Jackson. (2003, 12, 115min) ★★★
3.20 **Kraven the Hunter** Fantasy. (2024, 15, 127min) ★★★
5.35 **to 7.25** AM **Jackie Chan's Police Story** Comedy thriller. (1985, 15, 98min) ★★★★

Sky Cinema Comedy

308 308 408 508 522

6.10 AM **Sweethearts** As 1.20am.
8.00 **The Whole Nine Yards**
9.40 **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
11.15 **Honey Don't!** As 5.15am.
12.50 PM **Weird Science** Comedy. (1985, 12, 94min) ★★★
2.35 **The Brothers Grimsby** Action comedy. (2016, 15, 83min) ★★
4.10 **American Pie 2** Teen comedy. (2001, 15, 106min) ★★★
6.05 **The 'burbs** Offbeat comedy. (1989, PG, 103min) ★★★

6.05 The 'burbs

8.00 **American Pie: The Wedding** Comedy sequel starring Jason Biggs and Alyson Hannigan. The old high-school friends rally round when two of the gang get married. With Seann William Scott. (2003, 15, 96min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Pitch Perfect 3** Musical comedy sequel starring Anna Kendrick. Following their win at the world championship, the Bellas reunite for one last singing competition. (2017, 12, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Bill & Ted's Excellent Adventure** Fantasy comedy. (1988, PG, 87min) ★★★★
1.20 AM **Sweethearts** Comedy. (2024, 15, 94min) ★★★
3.10 **The Whole Nine Yards** Black comedy. (2000, 15) ★★★
4.55 **The Cinema List: Bingeable**
5.15 **to 6.50** AM **Honey Don't!** Comedy. (2025, 15) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.20 AM **Kill** As shown at 4.40am.
8.00 **Speak No Evil** As 2.40am.
10.00 **Jaws 3** Adventure thriller seuel. (1983, 12, 99min) ★★
11.45 **Ocean's Eight** Crime caper. (2018, 12, 110min) ★★★★
1.40 PM **Jason Bourne** (2016)
3.50 **No Country for Old Men** The Coen Brothers' crime thriller. (2007, 15, 122min) ★★★★
6.00 **Nightcrawler** Crime thriller starring Jake Gyllenhaal. (2014, 15, 115min) ★★★★

8.00 The Hunt for Red October

8.00 **The Hunt for Red October** Cold War thriller based on the novel by Tom Clancy, set on a nuclear-powered submarine. Stars Sean Connery, Alec Baldwin and Scott Glenn. (1990, PG, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Jason Bourne** Action thriller starring Matt Damon and Tommy Lee Jones. Former government operative Jason Bourne is drawn out of hiding to uncover more truths about his father. (2016, 12, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Safe House** Action thriller starring Ryan Reynolds and Denzel Washington. (2012, 15, 110min) ★★★
2.40 **Speak No Evil** Horror. (2024, 15, 110min) ★★★★
4.40 **to 6.20** AM **Kill** Thriller. (2023, 15, 94min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Old Man & the Gun** Fact-based crime drama. (2018, 12, 93min) ★★★★
12.50 PM **Broken Arrow** Western. (1950, PG, 93min) ★★★★
2.40 **Fixed Bayonets!** War drama. (1951, b/w, PG, 93min) ★★★
4.30 **Robin and Marian** Drama. (1976, PG, 106min) ★★★★★
6.40 **The Day After Tomorrow** Thriller starring Dennis Quaid. (2004, 12, 124min) ★★★★

9.00 Cocaine Bear

The Day After Tomorrow (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Cocaine Bear** Comedy thriller starring Keri Russell. An oddball group of cops, criminals, tourists and teens encounter a bear that goes on a murderous rampage after ingesting cocaine. (2023, 15, 95min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

10.55 **PREMIERE** **Misericordia** French black comedy thriller starring Félix Kysyl. A young man moves in with his late employer's widow. Subtitled. (2024, 15, 104min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11 PM

1.00 **to 3.15** AM **The French Dispatch** Anthology drama. (2021, 15, 108min) ★★★★★

+1hour 314 430 47 301 257

Sky Cinema 2026 Recap

302 302 402 502 516

6.00 AM **Super Charlie** Animation. (2025, PG, 82min) ★★★
7.35 **The Internship** As 5.05am.
9.15 **The Cut** As shown at 3.25am.
10.55 **Neighborhood Watch** Thriller. (2025, 15, 92min) ★★★★
12.35 PM **Plainclothes** Romantic thriller. (2025, 15, 95min) ★★★
2.15 **On Swift Horses** Drama, starring Daisy Edgar-Jones. (2024, 15, 119min) ★★★
4.15 **Materialists** Romantic comedy starring Dakota Johnson. (2025, 15, 116min) ★★★★
6.15 **Blue Moon** Biographical comedy drama starring Ethan Hawke as lyricist Lorenz Hart. (2025, 15, 100min) ★★★★
8.00 **A Big Bold Beautiful Journey** Romantic drama starring Colin Farrell and Margot Robbie. (2025, 15, 109min) ★★★
10.00 **M3GAN 2.0** Sci-fi thriller sequel starring Allison Williams. (2025, 15, 120min) ★★★
12.05 AM **Him** Supernatural horror. (2025, 18, 96min) ★★★
1.45 **Bone Lake** Comedy thriller. (2024, 18, 94min) ★★★
3.25 **The Cut** Psychological thriller. (2024, 12, 99min) ★★★
5.05 **to 6.45** AM **The Internship** Thriller. (2026, 15, 87min) ★★★

Sky Cinema Greats

307 307 404 504 518

6.45 AM **Jackie Chan's First Strike**
8.15 **Mr Nice Guy** As 1.55am.
9.45 **Enter the Dragon** Action thriller. (1973, 18, 97min) ★★★★
11.30 **Robin Hood: Prince of Thieves** Fantasy adventure starring Kevin Costner. (1991, PG, 138min) ★★
1.55 PM **Bad Boys** Action comedy thriller. (1995, 15, 118min) ★★★
3.55 **Streetfighter** Action drama. (1994, 12, 102min) ★★
5.40 **First Knight** Mythical drama. (1995, PG, 134min) ★★★
8.00 **Batman** Tim Burton's adventure starring Michael Keaton and Jack Nicholson. Gotham City's mysterious black-cloaked vigilante tackles a psychotic villain known as The Joker. (1989, 15, 121min) ★★★★
10.10 **Batman Returns** Comic-book adventure sequel starring Michael Keaton, Michelle Pfeiffer and Danny DeVito. (1992, 12, 121min) ★★★★
12.20 AM **Jackie Chan's First Strike** Thriller. (1996, 12, 83min) ★★
1.55 **Mr Nice Guy** Action comedy. (1996, 15, 88min) ★★★
3.35 **Streetfighter** As 3.55pm.
5.25 **to 7.30** AM **InnerSpace** Sci-fi comedy thriller starring Dennis Quaid. (1987, PG, 119min) ★★★

Disney+ Cinema

305 305

6.00 AM **The Tigger Movie** Cartoon. (2000, U, 77min) ★★★
7.25 **Cars 2** Animated comedy sequel. (2011, U, 102min) ★★★
9.15 **Finding Nemo** Animation. (2003, U, 104min) ★★★★★
10.55 **Percy Jackson: Sea of Monsters** Fantasy sequel. (2013, PG, 102min) ★★★
12.45 PM **A Goofy Movie** Animated comedy. (1995, U, 78min) ★★
2.05 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
4.30 **Mulan** Animated adventure. (1998, U, 88min) ★★★
6.00 **WALL-E** Animated adventure. (2008, U, 98min) ★★★★★
7.40 **Inspector Gadget** Live-action adaptation of the cartoon series. (1999, U, 77min) ★★★
9.00 **Solo: A Star Wars Story** Sci-fi prequel with Alden Ehrenreich. (2018, 12, 135min) ★★★★
11.15 **Nightbitch** Dark comedy with Amy Adams and Scoot McNairy. (2024, 15, 99min) ★★★
12.55 AM **The East** Political thriller. (2013, 15, 111min) ★★★★
2.55 **Black Swan** Psychological thriller. (2010, 15, 108min) ★★★
4.45 **to 6.00** AM **The Tigger Movie**

Movies 24

312 313 419

7.00 AM **A Novel Noel** Romance. (2024, PG, 90min) ★★
9.00 **Christmas Magic** Romantic drama. (2023, PG, 90min) ★★
11.00 **The Spirit of Christmas Station** Drama. (2025, PG, 90min) ★★
1.00 PM **'Twas the Date Before Christmas** Romantic drama. (2024, PG, 84min) ★★
3.00 **12 Days of Christmas Eve** Comedy. (2022, PG, 90min) ★★
5.00 **The Christmas Bookshop** Festive romantic drama. (2024, PG, 90min) ★★
7.00 **An Alpine Holiday** Romantic comedy drama starring Ashley Williams. (2025, U, 90min) ★★
9.00 **Tidings for the Season** Romantic drama starring BJ Britt and Tamera Mowry-Housley. A TV newscaster's life changes when he meets his young superfan and the boy's hardworking single mother. (2025, U, 89min) ★★
11.00 **Christmas on Cherry Lane** Drama. (2023, PG, 90min) ★★
1.00 AM **The Snow Must Go On** Drama. (2025, PG, 90min) ★★
3.00 **to 5.00** AM **A Suite Holiday Romance** (2025, PG) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Great Day in the Morning** Western starring Robert Stack. (1955, PG, 87min) ★★★
7.50 **Love in Pawn** Comedy. (1953, U, 83min) ★
9.25 **Wanted for Murder** Drama. (1946, b/w, PG, 100min) ★★
11.30 **Star Performance: To Whom It May Concern** 18/19. (S1)
12.00 NOON **Danger UXB** 9/13. (S1)
1.05 PM **Adventures of William Tell**
1.35 **The Heart Within** Crime drama. (1957, b/w, U, 61min) ★★★
2.50 **David Bailey: Four Beats to the Bar and No Cheating**
3.55 **Nurse on Wheels** Comedy. (1962, b/w, U, 86min) ★★
5.40 **The Bespoke Overcoat**
6.25 **Whiplash** 23/24. (S1)
7.00 **The Man from UNCLE** (S1)
8.00 **The Mind of Mr JG Reeder**
9.05 **Storm Over the Nile** Adventure starring Anthony Steel, Laurence Harvey and Mary Ure. (1955, U, 107min) ★★★
11.10 **Fortean TV**
11.45 **Bob & Carol & Ted & Alice** Comedy starring Elliott Gould. (1969, 15, 105min) ★★★★
1.50 AM **The Silent Partner** Thriller. (1978, 15, 105min) ★★★
4.00 **Target: The Corruptors** (S1)
5.00 **to 6.00** AM **The Rogues**

Tuesday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **World Cup Report** A round-up of the day's World Cup news and recent results.
7.00 **World Cup Breakfast** The early headlines and stories surrounding the World Cup.
8.00 **The Open** Action from the last-chance qualifier ahead of the Major held at Royal Birkdale Golf Club in Southport, Merseyside.
9.00 **The Open: At the Range** Coverage and analysis from the practice range ahead of the 154th Open Championship at Royal Birkdale Golf Club in Southport.
10.15 LIVE **One-Day International Cricket England v India.** Coverage of the first ODI in the three-match series, staged at Edgbaston in Birmingham. The hosts will be looking for their first one-day series victory against India since 2018, when they won a three-match contest 2-1 at home.
7.00 PM **World Cup Show** A daily guide to the World Cup, featuring news and previews of upcoming tournament fixtures.
10.00 PM **to 6.00** AM **World Cup Report**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Review**
9.00 **Premier League Highlights**
10.30 **SNF** Bournemouth v Liverpool.
11.00 **Premier League Highlights**
1.00 PM **MNF Hlts** Action from Everton v Leeds United.
1.30 **Premier League Highlights**
3.00 **SNF** Chelsea v West Ham United.
3.30 **Premier League Highlights** Action from matches played in the 2025/26 season, including Aston Villa v Brentford, Nottingham Forest v Crystal Palace, Man United v Fulham and Tottenham Hotspur V Manchester City.
5.30 **MNF Hlts** Sunderland v Burnley.
6.00 **Premier League World Beaters** Top-flight players.
8.00 **Netbusters** A look back at the weekend's Premier League action.
9.00 **Premier League Review**
11.00 **Premier League Years** Classic games and infamous blunders from the 2002/03 season.
1.00 AM **PL Retro** Liverpool v Manchester City from 2013/14.
3.00 **PL Greatest Games**
4.00 **Best Premier League Goals 23/24** Memorable strikes.
5.00 **to 6.00** AM **Best Premier League Goals: Arsenal**

Sky Sports Football

403 403 503 421 441

6.00 AM **Championship Retro**
8.45 **EFL Greatest Games**
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **SPFL Greatest Games**
11.30 **EFL Greatest Games**
12.00 NOON **Championship Retro**
2.00 PM **EFL Greatest Games**
3.00 **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Retro** Aston Villa v Manchester City in the 2020 final.
5.00 **EFL Cup Highlights**
5.30 **EFL Trophy Football** Highlights of Portsmouth v Salford City.
6.00 **SPFL Greatest Games**
8.00 **EFL Greatest Games**
9.00 **SPFL Highlights** Action from Rangers v Celtic in April 2022.
9.30 **EFL Greatest Games** Highlights of Burton Albion v Birmingham City from the 2016/17 season. **9.45** Action from Birmingham City v Aston Villa in 2016/17.
10.00 **EFL Cup** The 2020/21 final.
11.00 **Best Goals: EFL Cup 2020/21**
11.30 **EFL Trophy Football**
12.00 M'T **EFL** The 2018 play-off finals.
3.00 AM **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **Women's Test Cricket**
9.45 **International T20 Cricket**
10.15 LIVE **One-Day International Cricket England v India.** Coverage of the first ODI in the three-match series from Edgbaston in Birmingham. The hosts are looking for their first one-day series victory against India since 2018, when they won a three-match contest 2-1.
7.00 PM **Nepal Climbing Cricket's Mountain** Nepal's mission to become a Test-playing nation.
7.30 **The Hundred Bitesize** Southern Brave v Northern Superchargers in the 2025 women's final. **7.45** Oval Invincibles v Trent Rockets in the 2025 men's final.
8.00 **Women's T20 World Cup**
8.30 **International T20 Cricket** Action from England v India.
9.00 **One-Day International Cricket**
10.00 **Women's T20 World Cup** Highlights of the final at Lord's.
10.30 **International T20 Cricket**
11.00 **One-Day International Cricket**
12.00 M'T **The Hundred Bitesize**
12.30 AM **Women's T20 World Cup**
1.00 **International T20 Cricket**
5.30 **to 6.00** AM **Best of ICC WT20**

Sky Sports Golf

406 406 506 423 443

6.00 AM **The Open – Official Films**
8.00 **The Open** Last-chance qualifier.
9.00 **The Open: At the Range**
12.00 NOON **Justin Rose: Chasing Forever** The golfer's career.
1.00 PM **The Open** Highlights.
2.00 LIVE **Open Heroes Classic** Celebrity guests join some of golf's biggest names, as teams of three compete in a Texas Scramble format at Royal Birkdale Golf Club in Merseyside.
3.30 **The Open: At the Range** Coverage and analysis from the practice range staged at Royal Birkdale Golf Club in Southport.
6.00 **The Open** Last-chance qualifier.
7.00 **The Open: At the Range** Further coverage and analysis from the practice range at Royal Birkdale Golf Club in Southport.
9.30 **Justin Rose: Chasing Forever**
10.30 **Chronicles of a Champion Golfer** Padraig Harrington.
11.00 **The Open – Official Films**
1.00 AM **Chronicles of a Champion**
2.00 **The Open – Official Films**
4.00 **The Open Films: O'Meara 1998**
5.00 **to 6.00** AM **The Open – Official Films**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
9.30 LIVE **WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including ATP Swedish Open at Båstad Tennis Stadium, ATP Swiss Open at Roy Emerson Arena, ATP Croatia Open at Stadium Goran Ivanišević and WTA Iasi Open at Baza Sportiva Ciric.
10.00 PM **WTA Tennis** Bad Homburg Open final at TC Bad Homburg.
11.00 **ATP Tennis** Highlights.
12.00 M'T **Best of US Open 2025**
2.00 AM **ATP & WTA Tour Classics**
4.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Wimbledon** Days 13 and 14.
9.00 **Sign Up – Into Football**
10.00 **Simon Yates: Giro Redemption**
11.00 **Tour de France Men Highlights**
12.00 NOON LIVE **Tour de France** Coverage from the 10th stage of the men's race, a 166.6km route from Aurillac to Le Lioran. This stage last year saw Great Britain's Simon Yates claim his one and only stage victory.
5.00 PM **The Gruppetto**
5.15 **Playing for Our Future: Cycling**
5.30 **IFSC Climbing World Series Highlights** From Chamonix.
6.30 **Premier League Stories**
7.00 **Classic Premier League**
8.00 **Tour de France Men Highlights** Action from the 10th stage.
9.00 **The Gruppetto** Cycling news.
9.15 **Playing for Our Future: Football**
9.30 **The WRC Magazine**
10.00 **MotoGP Rewind** Action from the Grand Prix of Germany.
10.15 **World Superbike Rewind**
10.30 **MLB** Highlights from this year's Home Run Derby.
12.30 AM LIVE **MLB** Coverage of the All-Star Game staged at Citizens Bank Park in Philadelphia.
5.30 **to 6.00** AM **MLB Classic**

TNT Sports 2

411 414 522 409 431

6.00 AM **The WRC Magazine**
6.30 **World Superbike Highlights**
7.30 **MotoGP** Action from the Moto3, Moto2 and MotoGP Grand Prix of Germany.
11.00 **One-Day International Cricket** West Indies v New Zealand.
12.00 NOON **Australian Superbike Championship Highlights**
4.00 PM **One-Day International Cricket** West Indies v New Zealand held in Guyana.
5.00 **Wimbledon** Action from the 13th day of the tournament.
6.30 **Wimbledon** Action from the 14th day at the All England Club.
8.00 **Spirit of Yachting**
8.30 **Endurance Uncovered: Racing for Excellence** The World Endurance Championship.
9.00 **Ultimate Pool** Action from the Group Four matches in the Champions League tournament.
10.30 **One-Day International Cricket** West Indies v New Zealand from Providence Cricket Stadium.
11.30 **Tour de France Men Highlights**
12.30 AM **NWSL** Highlights of Utah Royals FC v Gotham FC and Seattle Reign v Portland Thorns.
2.30 **to 6.00** AM **MotoGP**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League** St Helens v Leeds Rhinos from 2025.
9.00 **Super League** Wigan Warriors v Warrington Wolves from 2025.
12.00 NOON **NFL Highlights** Tampa Bay Buccaneers v Philadelphia Eagles from the 2025/26 season.
1.00 PM **Good Morning Football**
3.00 **NFL Highlights** Carolina Panthers v Seattle Seahawks from the 2025/26 season.
4.00 **Super League Highlights**
5.00 **NFL Bitesize Highlights**
5.15 **Super Bowl LX Bitesize** Seattle Seahawks v New England Patriots.
5.30 **Super League Highlights**
6.00 **NBA Basketball** Another chance to see Golden State Warriors v Oklahoma City Thunder.
8.00 **NBA Basketball** Oklahoma City Thunder v Houston Rockets.
10.00 **NBA on Fire** The latest news.
10.30 **NFL Bitesize Highlights**
10.45 **Super League Highlights**
11.00 **NFL Highlights** Carolina Panthers v Seattle Seahawks.
12.00 M'T **The Insiders** NFL news.
1.00 AM **Super League**
4.45 **Women's Super League**
5.00 **to 6.00** AM **Super League Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **World Cup Report** A round-up of the day's World Cup news and recent results.
7.00 **World Cup Breakfast** The early headlines and stories surrounding the World Cup.
9.30 LIVE **WTA & ATP Tennis** Coverage from the recent events on the WTA and ATP Tours, including the ATP Swedish Open, ATP Swiss Open, ATP Croatia Open and WTA Iasi Open.
10.00 PM **World Cup Report** A round-up of the day's World Cup news and recent results.
12.00 M'T **EFL Greatest Games** Cardiff City v Wolverhampton Wanderers from the 2017/18 season. **12.15** AM Derby County v Cardiff City from 2017/18. **12.30** Derby County v Leeds United from the 2018/19 season. **12.45** West Bromwich Albion v Leeds United from 2018/19.
1.00 **Premier League Darts** Another chance to see the 13th night of the tournament staged at P&J Live in Aberdeen, with a format featuring quarter-finals, semi-finals and a final all in one night.
5.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **LPGA Tour Golf**
11.00 **NBA Basketball**
1.00 PM **The Open** Action from the last-chance qualifier.
2.00 **PL Greatest Games**
3.00 **Super League** Recent action.
5.45 **Women's State of Origin** Queensland v New South Wales.
6.00 **Spirit of Yachting** Action from the TP52 World Championship.
6.30 **PL Greatest Games**
7.00 **The Open** Action from the last-chance qualifier.
8.00 **PGA Tour Golf** The fourth round of the ISCO Championship.
9.00 **Ladies European Tour Golf** Action from the Hulencourt Women's Open held in Sydney.
10.00 **State of Origin Rugby League**
12.00 M'T **EFL Greatest Games**
12.45 AM **NBA Basketball**
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **ICC Women's T20 World Cup**

TNT Sports 3

413 415 523 410 432

6.00 AM **NWSL** Recent highlights.
8.00 **UCI Mountain Bike World Series** Highlights of the latest races staged in Andorra.
11.00 **Wimbledon** Highlights from the 13th day of the tournament.
12.30 PM **Wimbledon** Action from the 14th day at the All England Club.
2.00 **MLB** Highlights from the Home Run Derby staged at Citizens Bank Park in Philadelphia.
4.00 **UEFA Champions League – Classics** Manchester United v Chelsea in the quarter-final second leg from 2010/11.
4.30 **AFL** A chance to see Fremantle Dockers v Sydney Swans. **6.00** Collingwood Magpies v North Melbourne Kangaroos.
7.30 **AFL** Another chance to see the match between St Kilda Saints and Port Adelaide Power. **9.00** GWS Giants v Geelong Cats. **10.30** Another chance to see Carlton Blues v Hawthorn Hawks.
12.00 M'T **to 6.00** AM **AFL**

TNT Sports 4

414 416 524 411 434

6.00 AM **The Gallagher PREM**
3.00 PM **The Gallagher PREM** Exeter Chiefs v Northampton Saints. **4.00** Bath v Harlequins.
5.00 **MotoGP** Action from the Grand Prix of Germany at Sachsenring.
8.30 **UCI Mountain Bike World Series Review** Highlights from the La Thuile Enduro in Italy.
9.00 **UCI Mountain Bike World Series** Action from the women's elite cross country short track race. **9.30** Highlights from the women's downhill elite race. **10.00** Action from the women's elite cross country olympic race.
10.30 **UCI Mountain Bike World Series** Men's races in Andorra.
12.00 M'T **Fishing: On the Bank**
1.00 AM **World Superbike Highlights**
2.00 **Tour de France Highlights**
3.00 **UCI Mountain Bike World Series Review** La Thuile Enduro.
3.30 **to 6.00** AM **UCI Mountain Bike World Series**

Premier Sports 1

419 APP 528

6.00 AM **NHL Ice Hockey** A chance to see Vegas Golden Knights v Carolina Hurricanes in game four of the Stanley Cup Finals.
8.00 **European Le Mans Series**
9.00 **NASCAR Highlights**
10.00 **Rugby Junior World Championships** Action from two ninth-place semi-finals.
2.00 PM **Temples of Sport**
2.30 **Scottish Cup Football** Another chance to see Celtic v St Mirren.
5.00 **Scottish Cup Football** Celtic v Dunfermline Athletic in the final.
7.00 **Sporting Countdowns**
8.00 **Rugby Junior World Championships** Action from two ninth-place semi-finals.
12.00 M'T **Temples of Sport**
12.30 AM **NASCAR Highlights** Action from the Quaker State 400.
1.30 **European Le Mans Series**
2.30 **Coppa Italia** Lazio v Inter Milan.
4.30 **DTM Motorsport Highlights**
5.30 **to 6.00** AM **Temples of Sport**

Premier Sports 2

420 APP 529

6.00 AM **United Rugby Championship** Glasgow Warriors v Connacht in the quarter-final.
8.00 **United Rugby Championship** Bulls v Munster in a quarter-final.
10.00 **Champions Cup Show**
10.30 **Rugby Junior World Championships** Action from the opening semi-final.
12.30 PM **Rugby Junior World Championships** Another chance to see the second semi-final.
2.30 **Temples of Sport**
3.00 **NASCAR O'Reilly Series** Action from EchoPark Speedway.
6.00 **Bike World** Magazine.
6.30 **Top 14 Rugby Union** Toulouse v Racing 92 in the first semi-final.
8.30 **Top 14 Rugby Union** Another chance to see Montpellier v Stade Francais in the second semi-final.
12.30 AM **Champions Cup Show**
1.00 **Temples of Sport**
1.30 **United Rugby Championship**
5.30 **to 6.00** AM **Temples of Sport**

Sky Sports F1

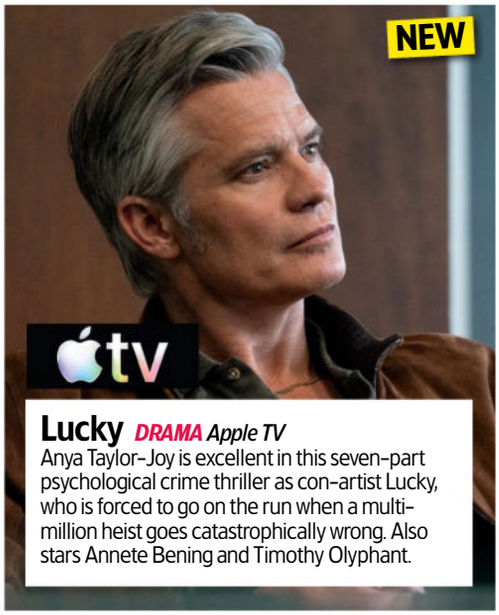
407 407 507 424 444

6.00 AM **Formula 1** Belgian Grand Prix races from 2017 to 2020.
10.30 **Formula 1** British Grand Prix.
11.30 **Ted's Notebook**
12.00 NOON **F1 Academy Highlights**
2.00 PM **F1 Academy: Weekend Wrapped** British Grand Prix.
2.30 **Formula 1** Action from the British Grand Prix at Silverstone.
3.30 **Ferrari Challenge UK**
4.00 **Formula 1** The Belgian Grand Prix races from 2017 to 2020.
8.00 **F1 Classic Races** Archive action.
12.30 AM **At Home with Liam Lawson**
1.00 **to 6.00** AM **The Best of F1**

Wednesday

15 July

Planner



Lucky *DRAMA Apple TV*
Anya Taylor-Joy is excellent in this seven-part psychological crime thriller as con-artist Lucky, who is forced to go on the run when a multi-million heist goes catastrophically wrong. Also stars Annete Bening and Timothy Olyphant.

Ride or Die
ACTION COMEDY
Prime Video
We love a buddy/road comedy, and this eight-parter is next on our list. Debbie (Octavia Spencer, right) finds out her friend Judith (Hannah Waddingham) has been living a double life as an assassin – and the two are forced on the run when a hit goes wrong.

Silent War: The Shadow of Atomic Bombs
DOCUMENTARY
PBS America, 3.35pm & 7.55pm
This sobering two-part documentary takes a look at the history of nuclear weapons, including the lasting impact of the testing process in hidden locations.

The Cult of NatureBoy
DOCUMENTARY Disney+
Directed by Benjamin Zand (right), this docuseries investigates how self-proclaimed messiah Eligio Bishop, aka NatureBoy, was able use social media to persuade followers to join his alternative lifestyle in the Costa Rican jungle.

PHOTO: ZANDLAND

Wednesday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Football: World Cup – Live: Coverage of the second semi-final (Kick-off 8.00)							10.30 News
	102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 The Repair Shop		9.00 Greece with Simon Reeve		10.00 Inside No. 9	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Deal or No...	8.00 Emmerdale	8.30 Coronation Street			10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Location, Location, Location		9.00 24 Hours in Police Custody: The Home County Cartel			10.30 8 Out of 10...
	105 5	7.00 Tour de France		8.00 Ambulance: Code Red		9.00 Surgeons: A Matter of Life or Death		10.00 A&E After Dark	
	106 SKY ONE	7.00 The Simpsons		8.00 Whale with Steve Backshall		9.00 Film: Now You See Me 2			
ENTERTAINMENT	115 BBC3	7.05 Film: The Amazing Spider-Man				9.10 Film: The Amazing Spider-Man 2			
	116 BBC4	7.00 Great British...	7.30 Canal Boat...	8.00 Mysterious Origins of Insects		9.00 The Nazis: A Warning from History		10.00 Our Friends in the North	
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 Love Island		10.05 Love Island...	10.35 Family Guy
	136 MORE4	‹ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 My Floating Home		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Rookie		9.00 Fire Country		10.00 FBI: International	
	108 SKY ATLANTIC	‹ 6.50 The Gilded Age				9.00 House of the Dragon			10.15 The Fear Index
	110 U&GOLD	‹ 6.00 Red Dwarf: The Promised Land		8.00 Keeping Up...	8.40 Dad's Army		9.20 Not Going Out	10.00 Red Dwarf	
	111 U&DAVE	7.00 Mortimer &...	7.40 Would I Lie to You?			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Murder in Provence	
	120 ITV4	7.00 Aussie Pickers		8.00 The Grand Fishing Adventure		9.00 Beat the Chasers – Celebrity Special		10.00 Bullseye Christmas Special	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 8 Out of 10 Cats Uncut	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 From		10.00 Grimm	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 Sister Boniface Mysteries		9.00 The Chelsea Detective		10.00 New Tricks	
	109 U&ALIBI	7.00 Private Eyes		8.00 Death in Paradise				10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 DH Lawrence: Sex, Exile and Greatness		9.00 Bill Bailey's Master Crafters: The Next...		10.00 The Eighties	
	132 U&W	7.00 DIY SOS: The Big Build		8.00 999 Rescue Squad		9.00 Shades of Blue		10.00 Manhunting with My Mum	
DOCUMENTARY	125 DISCOVERY	7.00 Shorty's Dream Shop				9.00 Wheeler Dealers		10.00 Mighty Truckers	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Dog Detectives		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Bushcraft...	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Colosseum: Rise and Fall					
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Storage Wars		9.00 History's Greatest Warriors		10.00 Mysteries Unearthed with Danny Trejo	
	155 U&YESTERDAY	7.00 Planet Earth III		8.00 Explore		9.00 Tropic of Cancer with Simon Reeve		10.00 Bangers & Cash: Restoring Classics	
	114 SKY DOCS	‹ 6.00 I Am Steve...	7.30 Salt Path: A Very British Scandal			9.00 Katie Price: Nothing to Hide			10.10 Boyzone: No Matter What

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x
*Terms & conditions: magazinesdirect.com/terms.

Wednesday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition (S)(AD)
10.15 **The Moment of Proof** (S)(R)(AD)
10.45 **Expert Witness** New edition (S)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Policing Paradise** Series finale (S)
2.30 **Rick Stein's Australia** (S)(R)(AD)
3.00 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** New edition A puppet inspired by a royal companion charms the dealers. (S)
4.30 **The Travelling Auctioneers** New edition A couple raise funds for a camper van adventure. (S)(AD)
5.15 **Pointless** (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

• *Alternative schedule* If BBC1 do not show this evening's World Cup match, the schedule will be: (S) **7.00pm Our Lives** (S) **7.30 EastEnders** (S)(AD) **8.00 NEW SERIES The Great British Sewing Bee** (S) **9.00 Death in Paradise** (S)(R) **10.00 BBC News** (S) **10.30 Local News** (S) **10.40 FILM Spider-Man: Homecoming** (S) (2017, 12, 125min) ★★★★ **12.45am Weather for the Week Ahead 12.50-12.50am BBC News**

7 PM

7.00 LIVE Football: World Cup Coverage of the second semi-final, which takes place at Atlanta Stadium in the USA. The corresponding stage of the tournament in Qatar four years ago resulted in two decisive scorelines, firstly with Argentina beating Croatia 3-0 on the back of stellar performances from Lionel Messi and Julian Alvarez, with Messi scoring from the spot and providing the assist for both goals in Alvarez's brace. That was followed by France triumphing 2-0 over a spirited Morocco who pushed the 2018 champions all the way in what was the first-ever semi-final appearance by an African nation. Kick-off is at 8.00. (S)

8 PM

9 PM

10 PM

10.30 BBC News (S)

11.00 **Local News** (S)
11.10 **FILM Rush** Sports drama starring Chris Hemsworth and Daniel Brühl as 1970s Formula 1 drivers James Hunt and Niki Lauda, whose intense rivalry came to a head during the dramatic and dangerous 1976 season. With Olivia Wilde and Alexandra Maria Lara. (S) (2013, 15, 110min) ★★★★
1.00 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.05 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **The Travelling Auctioneers** (R)
7.15 **Escape to the Country** (S)(R)
8.00 **Sign Zone: Great Japanese Railway Journeys** (S)(R)(AD)
8.30 **Sign Zone: Great Central Asian Railway Journeys** (S)(R)(AD)
9.00 **BBC News** (S)
11.15 **Politics Live** (S)
1.00 PM **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **Mastermind** Quiz show. (S)(R)
2.00 **Lightning** Quick-fire quiz. (S)(R)
2.30 **The Farmers' Country Showdown**
3.15 **The Hidden World of Hospitality with Tom Kerridge** (S)(R)(AD)
4.15 **Yellowstone: The Blazing Summer** 3/3. Documentary. (S)(R)(AD)
5.15 **Flog It!** Hopetoun House. (S)(R)
6.00 **Richard Osman's House of Games** Quiz show. (S)(R)
6.30 **Just One Thing** (S)(R)(AD)

10.00 Inside No. 9

• *Alternative schedule* If BBC1 do not show today's World Cup matches, the BBC2 schedule will be: **8.00-9.00pm Digging for Britain** (S)(R)

7.00 Celebrity Antiques Road Trip Harry Clark and Paul Gorton, former contestants on *The Traitors*, take part. (S)(R)

8.00 The Repair Shop The team restore a unique pair of cowboy boots, a piece of plaster holding a loved one's message, a puppet that has lost its limbs and a pioneering film-maker's award. (S)(R)(AD)

9.00 Greece with Simon Reeve 2/2. Simon travels from the Peloponnese peninsula into the mountainous north of the country, meeting rebel monks and conservationists caring for an injured bear. (S)(R)(AD)

10.00 Inside No. 9 *Last Night of the Proms:* 6/6. Dawn and Mick host their annual *Last Night of the Proms* bash. Stars Sarah Parish and Julian Glover. (S6) (S)(R)(AD)
10.30 Newsnight (S)

11.05 **The Tech Billionaire Takeover** Matt Shea investigates the new super-elite, visiting the sovereign nations they are building and tracing their growing political connections to the Trump administration. (S)(R)(AD)
12.05 AM **Amityville: An Origin Story** 1/4. Docu-drama. (S)(R)(AD)
12.55 **Sign Zone: Do You Know Your Place?** From Bangor. (S)(R)
1.25 **Sign Zone: Scamanda** (S)(R)(AD)
2.05 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and the team visit Aerospace Bristol, where Mark Stevens hits a slight problem when he attempts to buy a pair of luxury watches. (S)(R)(AD)
3.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Tyreece tries to open 22 red boxes in the right order. (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shepherd. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

• *Alternative schedule* If ITV1 show this evening's World Cup match, the schedule will be: **7.00pm LIVE Football: World Cup** Coverage of the second semi-final which takes place at Atlanta Stadium in the USA. Kick-off is at 8.00. (S) **10.35 ITV News** (S) **11.05 Local News** (S) **11.25 Who Wants to Be a Millionaire? Celebrity Special** (S)(R) **12.15-3.00am Teleshopping**

7.30 Deal or No Deal: Banker's Best Battles New edition Host Stephen Mulhern takes a look back at Mark and Chisara's battles with the Banker. (S)

8.00 Emmerdale Mack walks away, Clemmie sees Gabby and Billy kiss, Dawn is struggling, while Aaron remains distrustful of Serena. Chas is shocked by what Charity tells her, and there is a new recruit at the cafe. (S)(AD)

9.00 Coronation Street Betsy's loved ones gather at the General in search of answers, Kit and Sarah discuss how to move forward, Chesney receives bad news about Joseph's education, and Cassie's warning for Tracy falls on deaf ears. (S)(AD)

10.00 ITV News (S)
10.30 Local News (S)
10.45 FILM Jack Reacher Action thriller starring Tom Cruise as bestselling author Lee Child's vigilante hero. Former military cop Jack Reacher uncovers a murderous conspiracy after an unseen gunman shoots five people in Pittsburgh. With Rosamund Pike. (S)(AD) (2012, 15, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.55 AM **Teleshopping**
3.00 **Noel Edmonds' Kiwi Adventure** 3/3. Noel and Liz fight to turn their business around. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Dickinson's Real Deal** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 19-21/26. (S10) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 7-10/24. (S1) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Help! We Bought a Village** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Narrow Escapes** Pat and Jill prepare for Halloween on the Leeds-Liverpool canal. (S)(R)(AD)
5.00 **Chateau DIY** Jon and Carmen turn a smoke-damaged room into a new bedroom. (S)(R)(AD)
6.00 **Four in a Bed** The guests head to Domes By The Sea glampsite in Dumfries and Galloway. (S)(R)
6.30 **Come Dine with Me** Spiritual vegan Charlotte hosts the third dinner party from Cardiff. (S)(R)

2.10 Countdown

7.00 News (S)

8.00 Location, Location, Location Kirstie Allsopp and Phil Spencer help two pairs find new homes in and around Stirling and in the outskirts of Glasgow – a part of the world where money stretches that bit further. (S)(R)(AD)

9.00 24 Hours in Police Custody: The Home County Cartel 2/2. The covert team attempt to find the true identity of Jaguar Palace, as well as the evidence to link the suspect directly to the drug-importing conspiracy. (S)(R)

10.30 8 Out of 10 Cats Does Countdown Jimmy Carr hosts as Rhod Gilbert and Thanyia Moore take on Joe Wilkinson and Josh Widdicombe. Plus, Joe Kent-Walters (aka Frankie Monroe) is in Dictionary Corner. (S)(R)

11.35 **Celebrity Gogglebox** (S)(R)(AD)
12.30 AM **Naked Attraction** (S)(R)(AD)
1.30 **Ramsay's Kitchen Nightmares USA** From California. (S)(SL)(R)
2.20 **The Accused: Beyond Reasonable Doubt?** (S)(R)(AD)
3.15 **Dover 24/7: Britain's Busiest Port** Documentary. (S)(SL)(R)(AD)
4.10 **Devon and Cornwall** (S)(R)(AD)
4.40 **Couples Come Dine with Me** (R)
5.35 **Sunday Brunch** (S)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

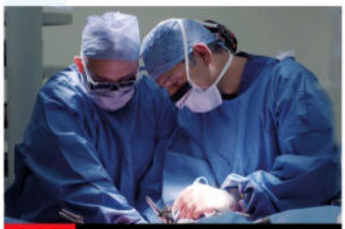
+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **Castle** *The Way of the Ninja:* 18/23. Castle and Beckett investigate the murder of a Japanese ballerina. (S)(R)
3.55 **Castle** *The Greater Good:* 19/23. The author and Beckett investigate the murder of a Wall Street trader. (S6) (S)(R)
4.50 **Love Nature** The Dinorwic Slate Quarry landscape. (S)(R)
5.00 **News** (S)
6.00 **Somerset: Wonder of the West Country** A visit to Cheddar's famous gorge. (S)(R)
6.55 **News** (S)



9.00 Surgeons: A Matter of Life...

7.00 Tour de France Rebecca Charlton presents action from the 11th stage of the Grand Tour race, which featured a 161.3km flat route from Vichy to Nevers. (S)
7.55 **News** (S)

8.00 Ambulance: Code Red Paramedics rush to help a 67-year-old HGV driver who has suffered a cardiac arrest, and a 44-year-old man has suffered severe burns after lighting a bonfire with petrol. (S)(R)(AD)

9.00 Surgeons: A Matter of Life or Death Cameras focus on a man who has a rare tumour in his spine, and leaving it in place will lead to paralysis, but the operation to remove it carries a huge risk. (S)(R)

10.00 A&E After Dark Medical staff attend to an 11-year-old girl who has sliced her foot open after stepping on glass, a 77-year-old with a dislocated knee, and an 18-year-old with a broken hand. (S)(R)

11.05 **The Hospital: Life on the Line** The health of a woman awaiting a heart transplant takes a turn for the worse. (S)(R)
12.05 AM **Skin A&E** (S)(R)(AD)
1.00 **Teleshopping** (S)(R)
2.00 **Build Your Dream Home in the Country** (S)(R)
3.40 **Friends** (S3) (S)(R)(AD)
4.35 **Cruising with Susan Calman** (R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S5) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S8) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Predators** (S)(R)(AD)
1.00 PM **Hawaii Five-0** (S5) (S)(R)
3.00 **S.W.A.T.** (S7) (S)(R)(AD)
5.00 **The Simpsons** *Fan-Ily Feud:* Homer faces the wrath of a pop star's vengeful fans. (S)(R) **5.30** *Game Done Changed:* Bart discovers a profitable glitch in an online game. (S)(R)
6.00 **Animal Control** 5/12. Frank and Shred respond to a call about a distressed cow. (R) **6.30** 6/12. Emily and Victoria help Dr Summers out with an alpaca birth. (S1) (R)

8.00 Whale with Steve Backshall

7.00 The Simpsons *Write Off This Episode:* Marge and Lisa launch a charity together. (S)(R) **7.30** *The Very Hungry Caterpillars:* A plague of insects brings Springfield to a standstill. (S)(R)

8.00 Whale with Steve Backshall Steve encounters whales that face the longest migratory journeys, including a female that has travelled to the waters off Argentina to give birth. (S)(R)(AD)

9.00 FILM Now You See Me 2 Crime thriller sequel starring Jesse Eisenberg, Mark Ruffalo, Daniel Radcliffe and Morgan Freeman. A gang of magicians-turned-criminals reunite to expose the illegal activities of a ruthless businessman. (S) (2016, 12, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.20 **Jack Dee: Small World** A stand-up show at the London Palladium, with the comedian musing on meaningless small things of life. (S)(R)
12.50 AM **Animal Control** (S1) (R)
1.45 **Grimm** 13/22. A maskmaker targets Wesen to create masks that bestow great power to their wearers. (S5) (S)(R)
2.35 **Road Wars** (S)(R)
3.05 **Hawaii Five-0** (S5) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
11.10pm The Truth About My Murder (S)(R) **11.50** FILM Rush (S) (2013, 15, 110min) ★★★★ **1.40-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
6.30-7.00pm Our Lives: Seeing with Sound New edition (S)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **11.00** Camau Bach **12.00noon** Newyddion a'r Tywydd **12.05pm** Cartrefi Cymru **12.30** Heno **1.00** Gwlad y Basg: Gwilym Bowen Rhys **1.30** Garddio a Mwy **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Chris a'r Afal Mawr (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Dan Do **6.30** Rownd a Rownd (AD) **6.59** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Taclo'r Ty New edition (AD) **8.55** Newyddion a'r Tywydd **9.00** Seiclo: Tour de France New edition **9.30** Ruth Ellis: Y Cariad a'r Crogi **10.30-11.35pm** Ty Ffit

TV&Streaming week
More channels than any other TV magazine

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 FILM **The Amazing Spider-Man** Comic-book adventure starring Andrew Garfield and Emma Stone. A nerdy New York teenager becomes a vigilante crime-fighter after a bite from a genetically modified spider gives him special powers. With Rhys Ifans. (2012, 12, 136min) ★★★
9.10 FILM **The Amazing Spider-Man 2** Comic-book adventure sequel starring Andrew Garfield and Emma Stone. The superhero battles a foe with electrical powers, while an old friend presents an even greater threat. With Jamie Foxx. (2014, 12, 142min) ★★★
11.20 **Top Gear: Bolivia Special** The team use second-hand 4x4s to negotiate the rainforest of the Amazon basin and reach Chile.
12.40 AM **Ibiza: Secrets of the Party Island** Four editions.
3.40 **to 3.50** AM **World Cup 2010**

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael Portillo visits the Transport Research Laboratory in Wokingham.
7.30 **Canal Boat Diaries** Robbie concludes his epic journey across the north of England.
8.00 **Mysterious Origins of Insects** Exploring the realm of the creatures to better understand how they have evolved.
9.00 **The Nazis: A Warning from History** 6/6. Why the Germans fought on despite disastrous military defeats.
9.50 **Afoot Again in the Past** Lucinda Lambton visits Castle Leslie in Co Monaghan.
10.00 **Our Friends in the North** *1987:* 8/9. Mary's marriage begins to Nicky crumble. **11.15** *1995:* 9/9. Tosker arranges an emotional reunion in Newcastle. (S1)
12.30 AM **The Sky at Night**
1.00 **Canal Boat Diaries**
2.00 **Mysterious Origins of Insects** As 8.00pm.
3.00 **to 3.30** AM **Great British Railway Journeys**

MORE4

136/137 127 147 18 124 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest from Lincolnshire.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **George Clarke's Old House, New Home** George visits a 200-year-old farmhouse on the edge of the Peak District, where he faces difficulties as the owners are reluctant to let him knock down any walls.
6.55 **Location, Location, Location** Kirstie Allsopp and Phil Spencer help house-hunters in Oxfordshire.
7.55 **Grand Designs** Kevin McCloud visits a house that resembles a giant snake, the curving, scaly structure spiralling over two levels and combining natural materials with modern technology.
9.00 **My Floating Home** New edition 2/4. Mark Evans meets Tony and his stepson Graeme as they tackle the restoration of a 40-year-old narrowboat.
10.00 **24 Hours in A&E** An elderly woman is having difficulty breathing.
11.05 **24 Hours in A&E**
12.10 AM **999: On the Front Line** Documentary.
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **A Place in the Sun**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** From West Yorkshire.
8.00 **Ramsay's Kitchen Nightmares USA**
10.00 **Below Deck**
11.00 **Modern Family**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons**
6.30 **Hollyoaks** Jenson plans to double cross Gemma.
7.00 **Hollyoaks** Maddox and Dee Dee grow closer.
7.30 **The Simpsons** *Peeping Mom:* Marge tries to get Bart to confess his part in a bulldozer crash.
8.00 **Below Deck** New edition The crew pick up the pieces after Hurricane Kelly, while Jess faces the consequences of her actions at the villa.
9.00 **Gogglebox** Opinions on *Sitting on a Fortune* and *Nadiya's Fast Flavours*.
10.00 **Gogglebox** Appraisals of *The Graham Norton Show* and *Mary Berry: Love to Cook*.
11.05 **Naked Attraction's Best Naughty Bits**
12.05 AM **First Dates**
1.10 **Below Deck**
2.10 **The Simpsons**
2.35 **Abbott Elementary**
3.00 **The Goldbergs**
3.50 **to 6.00** AM **Ramsay's 24 Hours to Hell and Back**

+1 hr 235/236 306 30 123 256

Wednesday primetime

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Border Security USA**
11.00 **Bull** 3/22. (S6)
12.00 NOON **FBI** 14&15/22. (S8)
2.00 PM **The Rookie** 12/22. A severed hand is found washed up on the beach. (S4)
3.00 **Law & Order: Criminal Intent** 2/16. Wheeler and her new partner look into the death of an aspiring musician. (S8)
4.00 **Nothing to Declare**

9.00 Fire Country

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **The Rookie** *The Checklist:* 19/20. Nolan and Bishop answer an alarm call at the house of music star will.i.am. (S1)

9 PM
9.00 **Fire Country** New episode *The Tiny Ways We Start to Heal:* 3/20. A dangerous zipline accident escalates into a wildfire. (S4)

10 PM
10.00 **FBI: International** *Don't Say Her Name Again:* 2/22. The Fly Team attempt to bring a local predator to justice. (S2)
11.00 **The Rookie** 9/22. Wesley manages to break free of his contract. (S4)
12.00 M'T **FBI** 12&13/22. (S8)
2.00 AM **FBI: International** (S2)
3.00 **Road Wars**
4.00 **The Force: Manchester**
5.00 to 6.00 AM **Air Ambulance ER**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill of editions.
8.00 **Deadwood** 7&8/12. (S2)
10.00 **Homicide: Life on the Street**
12.00 NOON **Billions** 1&2/12. (S2)
2.15 PM **Succession** 5&6/10. (S4)
4.40 **Gomorrah** 7/12. Sangue Blu faces a leadership crisis. **5.45** 8/12. An event drags Genny's new company into the spotlight. Subtitled. (S4)
6.50 **The Gilded Age** 3/9. An unfortunate development finds George's new rail station under threat. (S1)

10.15 The Fear Index

7.55 **The Gilded Age** *A Long Ladder:* 4/9. In the aftermath of a tragedy, George agrees to help Bertha, and a visit has a lasting impact on the staff of Russell house. (S1)

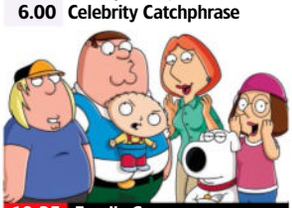
9.00 **House of the Dragon** 4/8. *Game of Thrones* prequel following the story of House Targaryen, set 200 years before the events of the fantasy saga. (S3)
10.15 **The Fear Index** 3/4. Alex heads to his therapist, terrified that he may be losing his mind. (S1)
11.15 **Succession** 5&6/10. (S4)
1.30 AM **Sort Of** 6/8. (S1)
2.00 NEW SERIES **The Five-Star Weekend** 1/8. Drama starring Jennifer Garner, Chloë Sevigny, Regina Hall and Gemma Chan. **3.00** New episode 2/8. (S1)
4.00 to 6.00 AM **Urban Secrets**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.25 **Georgia and Tommy: Baby Steps** Reality series.
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Salt...**
11.15 **Real Housewives of Orange...**
12.10 PM **Dinner Date**
1.10 **Supermarket Sweep**
2.10 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 NEW SERIES **Real Housewives of Salt Lake City**
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**


10.35 Family Guy

7.00 **The Floor USA** New edition Rob Lowe hosts as contestants test their knowledge of *Real Housewives* and TV chefs.

8.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

9.00 **Love Island** New edition Relationship-based reality show in which singletons seeking a romance compete to find love.

10.05 **Love Island: The Debrief** New edition Daily *Love Island* reactions.
10.35 **Family Guy** 29/30. Part two of three. Stewie looks for his real father. (S4)
11.05 **Family Guy** 24/30. (S4)
11.35 **American Dad!** (S5&4)
12.35 AM **Bob's Burgers** (S14)
1.30 **Transaction** 6/6. (S1)
1.55 **Piglets** 3/6. (S2)
2.25 to 3.00 AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.20 **Heartbeat** Double bill.
1.30 PM **Midsomer Murders** *The Ghost of Causton Abbey:* A killer strikes at an abbey that is believed to be cursed.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Blind Justice:* Craddock is smitten by the charms of newcomer Susan Finlay, but faces a quandary.

4.40 Classic Coronation Street

6.55 **Heartbeat** *Home Truths:* Jackie prosecutes her mother's friend, a quarry boss, for negligence in the workplace.

8.00 **Midsomer Murders** *Midsomer Rhapsody:* The discovery of a priceless music score leads to some startling revelations about its composer, and may provide clues to the case of a man found battered to death in his cottage.

10.00 **Murder in Provence** *Murder in the Rue Dumas:* 1/3. Mystery drama starring Roger Allam and Nancy Carroll. (S1)
11.50 **Trial & Retribution** 2/2. New eye-witness testimony and a TV documentary about the McCready case casts doubt on the original murder investigation. (S4)
2.00 AM **George and Mildred**
2.25 to 2.30 AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.05 **Dempsey and Makepeace**
9.10 **Boon**
10.15 **The Champions**
11.20 **BattleBots**
12.25 PM **Magnum, PI**
2.35 **Dempsey and Makepeace**
3.45 **Boon**
4.50 **The Champions** *The Silent Enemy:* The team investigate when an entire submarine crew are found dead.
5.55 **Minder** *Monday Night Fever:* Terry encounters a seedy side of the entertainment industry.

5.55 Minder

7.00 **Aussie Pickers** The team head up the Murray River in Victoria to meet Mingo, a collector who specialises in FJ Holdens.

8.00 **The Grand Fishing Adventure** Ali and Bobby head to Nottinghamshire to fish the River Trent for some big barbel.

9.00 **Beat the Chasers: Celebrity Special** Bradley Walsh hosts a celebrity version of the general knowledge quiz.

10.00 **Bullseye Christmas Special** Freddie Flintoff hosts a revival of the darts-based game show, with guest Luke Littler.
11.00 **Wrestling: AEW Collision** Hard-hitting action, featuring stars including Thunder Rosa.
1.00 AM **Minder**
2.00 **The Champions**
3.00 **Teleshopping**
3.30 to 4.00 AM **Motorsport Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Home of the Year** Three properties in the west of Scotland.
8.00 **Island Crossings** A last-minute ferry cancellation jeopardises an order of scallops.
9.00 **Greetings from Scotland** 1/2. A light-hearted look at the early days of the nation's tourist industry, with the Scottish tourist board becoming a government-funded body in 1969.
10.00 **River City** New episode Jodie is stunned to get an unexpected diagnosis from her doctor.
10.30 **Mrs Brown's Boys** 2/4. Grandad makes an announcement. (S5)
11.00 PM to 12.00 M'T **David Wilson's Crime Files** The impact of CCTV on robbery cases.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **Breeders** 5&6/10. (S3)
10.00 **Upright** 3&4/8. (S1)
11.15 **Will & Grace** (S6)
12.15 PM **The Comeback** (S3)
1.30 **Upright** 3&4/8. (S1)
2.45 **Will & Grace** (S5)
3.45 **Hacks** 5&6/8. (S2)
5.00 **Community** (S5)
6.00 **Will & Grace** (S6)
7.00 **The Office (US)** (S3)
8.00 **Breeders** 5/10. Ally sets out to save the company. **8.30** 6/10. Paul has to make funding cuts. (S3)
9.00 **Brett Goldstein: The Second Best Night of Your Life** Stand-up.
10.15 **Hacks** 5/8. Deborah has a shaky reunion with a former comedian friend. **10.55** 6/8. Ava tries to connect with her mother on a night out. (S2)
11.35 **Breeders** 5&6/10. (S3)
12.40 AM **Community** (S5)
1.40 **The Comeback** (S3)
2.55 **Upright** 1&2/8. (S1)
4.00 to 5.00 AM **Sort Of**

Sky Arts

122/123 112/113 123 36
143 24 350 365

6.00 AM **LSO: Inaugural Concert 2024**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Classic Movies**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **Discovering**
4.00 **From the Vaults**
5.00 **Portrait Artist 2020**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **DH Lawrence**
9.00 **Master Crafters: The Next Generation**
10.00 **The Eighties**
11.00 **Classic Albums**
12.00 M'T **The Who: The Kids Are Alright**
2.10 AM **The Strange Case of Dr Jekyll and Mr Hyde**
3.50 **Arts Uncovered**
4.00 **Wordsworth & Coleridge Road Trip**
5.00 to 6.00 AM **Classic Movies**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Border Patrol**
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 9/26. (S5)
5.00 **Stargate SG-1** (S7)
6.00 **Stargate Universe** (S1)
7.00 **Star Trek: The Next Generation** *The Loss:* 10/26. An alien force takes over the ship. (S4)
8.00 FILM **Stargate: Continuum** Sci-fi. (2008, PG, 99min) ★★
10.00 **The Rookie** 9/22. (S4)
11.00 **Star Trek: Enterprise**
12.00 M'T **Warehouse 13** (S5)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 to 6.00 AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **Who Wants to Be a Millionaire?** Game show where contestants compete for a top prize of one million pounds.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as another contestant tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Who Wants to Be a Millionaire?** Game show where contestants compete for a top prize of one million pounds.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Riddiculous** Quiz show.
2.35 to 3.00 AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **The Great Celebrity Bake Off for Stand Up to Cancer** With AJ Odudu and Tim Key.
8.00 **Bake Off: The Professionals**
9.00 **24 Hours in A&E**
10.00 **The Piano** Claudia Winkleman and Mika search for the UK's best amateur pianists.
11.05 FILM **Ghost Rider** Comic-book adventure starring Nicolas Cage and Eva Mendes. (2006, 12, 106min) ★★★
1.15 AM **Gogglebox**
2.15 **Celebrity Gogglebox**
3.20 **Emergency Helicopter Medics** Documentary.
4.20 **Find It, Fix It, Flog It**
4.40 to 4.50 AM **Sunday Brunch**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S3)
2.00 **SurrealEstate** 8/10. (S2)
3.00 **Warehouse 13** 8/13. (S1)
4.00 **Stargate SG-1** 8/22. (S7)
5.00 **Star Trek: Voyager** 2/26. Seven is bombarded with flashbacks of her existence as a Borg. (S6)
6.00 **Star Trek: Enterprise** 25/26. Archer is captured by a bounty hunter. (S2)

6.00 Star Trek: Enterprise

7.00 **Stargate Atlantis** *The Return – Part Two:* 11/20. Jack O'Neill and Richard Woolsey are taken prisoner. (S3)
8.00 **Stargate SG-1** *Space Race:* 8/22. A saboteur targets Carter's Naquadah-powered space cruiser. (S7)
9.00 **From** *Heavy Is the Head:* 8/10. Boyd weighs up a dangerous plan that could end up bringing everyone home. (S4)
10.00 **Grimm** *Wesen Nacht:* 6/22. Nick and Hank investigate a wave of coordinated Wesen gang vandalism. (S5)
11.00 **The Walking Dead** 12/16. Rick and his fellow survivors realise the only way to maintain peace in Alexandria is to oppose a new enemy. (S6)
12.00 M'T **SurrealEstate** 8/10. (S2)
1.00 AM **Warehouse 13** 8/13. (S1)
2.00 **The Walking Dead** (S6)
3.00 **From** As shown at 9.00pm.
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S5)
9.00 **Shakespeare & Hathaway: Private Investigators** (S1)
10.00 **The Mentalist** 23/24. (S4)
11.00 **Hudson & Rex** 16/20. (S5)
12.00 NOON **Unforgettable** (S4)
1.00 PM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries** (S5)
4.00 **The Mentalist** 23/24. (S4)
5.00 **Hudson & Rex** 16/20. (S5)
6.00 **Shakespeare & Hathaway: Private Investigators** 3/10. The duo race against the clock when an undertaker is given only 24 hours to live. (S1)

12.00 Unforgettable

7.00 **Private Eyes** *The Money Shot:* 3/10. Shade and Angie investigate the disappearance of a prized racehorse. (S1)
8.00 **Death in Paradise** *Chain Reaction:* 4/9. Neville tries to solve the death of a nurse from his hospital bed. (S10)
9.00 **Death in Paradise** *On the Sanctity of Children:* 5/8. A former children's home resident is found murdered. (S12)
10.00 **Father Brown** *The Sands of Time:* Brenda finds love at the home of a clock collector, but she may just have fallen for a killer.
11.00 **Private Eyes** As 7.00pm.
12.00 M'T **Father Brown** *The Brewer's Daughter:* Sid falls for the heiress to a local brewery.
1.00 AM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries** 7/13. A librarian is abducted. (S5)
3.00 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Last of the Summer Wine**
11.20 **dinnerladies**
12.00 NOON **Keeping Up...**
12.40 PM **Dad's Army**
1.20 **Open All Hours**
2.00 **The Green Green Grass**
2.40 **Are You Being Served?**
3.20 **Dad's Army**
4.00 **Keeping Up Appearances**
4.40 **Last of the Summer Wine**
6.00 **Red Dwarf: The Promised Land** Feature-length episode.

8.40 Dad's Army

Red Dwarf: The Promised Land (started at 6.00pm)
8.00 **Keeping Up Appearances** Richard is not looking forward to early retirement.
8.40 **Dad's Army** Pike borrows Mainwaring's new staff car to take his girlfriend out.
9.20 **Not Going Out** Lucy has her handbag stolen by a gang of muggers.
10.00 **Red Dwarf** Lister encounters old flame Kristine Kochanski. **10.40** The ship's generator breaks down.
11.15 **Bottom** Wretched flatmates Richie and Eddie go camping.
11.55 **Not Going Out** As 9.20pm.
12.30 AM **Men Behaving Badly**
1.05 **Bottom: Hooligans Island Live 1997** Eddie and Richie are marooned on a desert island.
3.05 **to 4.00** AM **Bottom**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Robson Green's Weekend Escapes**
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's Road to Mexico**
11.20 **Rick Stein's Mediterranean...**
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Turkey with Simon Reeve**
4.00 **The Hairy Bikers: Mums Know Best** Family recipes.
5.00 **Rick Stein's Road to Mexico**
6.00 **Rick Stein's Mediterranean Escapes** Rick visits Corsica.

7.00 Mortimer & Whitehouse

7.00 **Mortimer & Whitehouse: Gone Fishing** Paul and Bob head to mid-Wales.
7.40 **Would I Lie to You?** With guests Jimmy Carr, Marcus Brigstocke, Terry Christian and Jamelia. **8.20** Guests include Jason Manford and Claudia Winkleman.
9.00 **QI XL** Sandi Toksvig looks at some underthings with panellists Maisie Adam, Daliso Chaponda, Jack Dee and Alan Davies.
10.00 **Have I Got a Bit More News for You** Alan Johnson hosts the satirical quiz, with Janey Godley and Tim Shipman.
11.00 **8 Out of 10 Cats Christmas Special** With Liam Charles and Scarlett Moffatt.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **QI XL** With Joe Lycett.
3.00 **to 4.00** AM **8 Out of 10 Cats Christmas Special**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.10 AM **Birds of a Feather**
7.40 **Doctors**
8.55 **Classic Holby City**
9.50 **Casualty**
10.55 **The Bill**
12.30 PM **Classic EastEnders**
2.25 **Tenko**
3.25 **Pie in the Sky**
4.25 **Lovejoy**
5.25 **Waiting for God**
6.00 **Last of the Summer Wine** Eric Sykes guest stars as absent-minded Doggy. **6.40** Rumours abound of ghosts in nearby woodland.

9.00 The Chelsea Detective

7.20 **Last of the Summer Wine** Howard thinks he has bagged a bargain when he buys a used car.
8.00 **Sister Boniface Mysteries** *St George's Defence:* 5/12. Sister Boniface investigates suspicions of espionage. (S2)
9.00 **The Chelsea Detective** *Golden Years – Part One:* 3/9. A resident at a luxury retirement home dies in her room. (S2)
10.00 **New Tricks** *Lottery Curse:* A skeleton is identified as a lottery winner who was reported missing 17 years ago.
11.20 **Silent Witness** *Protection:* A suspected paedophile is found dead in a playground. Guest stars Claudie Blakley and Lorraine Burroughs.
1.35 AM **Lovejoy**
2.35 **Waiting for God**
3.05 **to 4.00** AM **Harry Wild**

+1 hour 243 316 60 260

Wednesday

7 PM **8 PM** **9 PM** **10 PM**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Cops** Double bill.
10.00 **NCIS** 18-20/21. (S19)
12.55 PM **Law & Order**
6.00 **NCIS** *Evil Eye:* 13/22. In preparation for a role, a world-renowned actor shadows the NCIS team. **7.00** *Old Wounds:* 14/22. A conman from Parker's past turns up as a murder suspect. **8.00** *Unusual Suspects:* 15/22. The agents look into the death of a driver found after a car accident. (S20)
9.00 **Jesse Stone: Thin Ice** Detective thriller starring Tom Selleck and Kathy Baker. The police chief under investigation over a shoot-out defies the town council to help a woman find her child.
10.50 **Law & Order: Special Victims Unit** (S13&26)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** A man has been bitten on the nose by a dog.
9.00 **Ambulance: Code Red** A woman is trapped in her car after a collision. **10.00** Paramedics rush to the scene after reports come in of a car hitting pedestrians.
11.00 **Skin A&E**
12.00 M'T **Killer at the Crime Scene** Documentary.
1.00 AM **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Trucking Hell**
10.15 **Police Interceptors**
11.00 **Gunsmoke**
12.15 PM **FILM Man Without a Star** Action western starring Kirk Douglas. (1955, PG, 89min) ★★
2.05 **FILM The Far Country** Western adventure with James Stewart and Corinne Calvert. (1954, U, 97min) ★★★★
4.00 **The Motorway**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Police: Night Shift 999**
11.00 **The X-Files** 21/24. (S4)
12.00 M'T **Shoplifters: Caught Red Handed**
1.00 AM **Outback Truckers**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **The Supervet: Noel Fitzpatrick**
5.00 **The Supervet**
6.00 **DIY SOS: The Big Build** The team make over a house in Cumbria. **7.00** Making over a house in Hereford.
8.00 **999 Rescue Squad** An injured woman is trapped in a van.
9.00 **Shades of Blue** *One Last Lie:* 13/13. Harlee makes a deal. (S1) ■ Series 1-3 on U
10.00 **Manhunting with My Mum** Documentary.
11.00 **Nurses on the Ward**
1.00 AM **Amanda & Alan's Italian Job**
1.45 **to 3.00** AM **Death at the Mansion: Rebecca Zahau**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering** Double bill.
8.00 **Bangers & Cash**
10.00 **Battle Honours**
11.00 **The Great War in Numbers** Documentary.
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Battle Honours**
5.00 **The Great War in Numbers** Documentary.
6.00 **Antiques Roadshow**
7.00 **Planet Earth III** The wildlife inhabiting the world's oceans.
8.00 **Explore** The ancient Rift Valley of eastern Africa.
9.00 **Tropic of Cancer with Simon Reeve**
10.00 **Bangers & Cash: Restoring Classics**
12.00 M'T **Bangers & Cash**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Robson Green's Weekend Escapes**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** Sandbanks.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **The Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House** A family sell a relative's SAS badges.
8.00 **Antiques Road Trip**
9.00 **Who Do You Think You Are?** TV presenter Nick Hewer takes a look at his ancestry.
10.00 **Rich House, Poor House** Business owners swap homes with a family living on £56 a week.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

WEDNESDAY Entertainment

Wednesday

Great! TV
157 167 170 34 32

8.00 AM **The Waltons** (S4)
9.00 **Doctor Finlay** 4/6. (S2)
10.00 **Hamish Macbeth** (S1)
11.00 **Little House on the Prairie** 5&6/25. (S1)
1.00 PM **The Waltons** (S4)
4.00 **Little House on the Prairie** 5&6/25. (S1)
6.00 **Hamish Macbeth** (S1)
7.00 **M*A*S*H** 17/26. Hawkeye falls for a Swedish doctor. **7.30** 18/26. Potter's horse goes AWOL. **8.00** 19/26. Surgeons update their skills. **8.30** 20/26. Radar falls in love. (S7)
9.00 FILM **A Day for Thanks on Waltons Mountain** Drama with Ralph Waite. (1982, PG, 93min) ★★
11.10 **M*A*S*H** 17-20/26. (S7)
1.10 AM **Rising Damp** (S3)
1.40 **Man About the House**
2.20 **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action
318 317 426 42 33

9.10 AM FILM **A Lawless Street** Western drama. (1955, U, 78min) ★★
11.00 **Tombstone Territory**
12.00 NOON **The High Chaparral** Double bill.
2.00 PM **Wanted: Dead or Alive** 29/36. (S1)
2.30 FILM **Force 10 from Navarone** Adventure. (1978, 12, 118min) ★★
5.00 **Hitler's Art Dealer**
6.00 FILM **Battle for the Skies** Wartime drama. (2013, 15, 98min) ★★
8.10 FILM **The Hunter's Prayer** Action thriller. (2017, 15, 91min) ★★
10.00 FILM **The Hatton Garden Job** Drama. (2017, 15, 93min) ★★★
12.00 M'T FILM **The Virginian** Western. (2014, 12) ★★
2.00 AM **Dragon Ball Super**
3.00 **Coast Guard Alaska**
3.50 FILM **Absolute Zero** Thriller. (2005, 12) ★
5.15 **to 5.50** AM **Air Rescue**

+1 hour 319

Great! Mystery
320 318 425 50 48

8.10 AM FILM **Garage Sale Mysteries: Murder Most Medieval** Drama. (2017, PG, 90min) ★★
10.05 FILM **The Gourmet Detective** Mystery. (2015, PG, 90min) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S3)
2.00 **Castle** 1/23. (S4)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 2/23. (S4)
8.00 **Unforgettable** (S3)
9.00 **In Plain Sight** (S3)
10.00 FILM **Haunted Harmony Mysteries: Buried At C** Thriller. (2025, U, 84min) ★★
11.55 FILM **Lost Letter Mysteries: Second Chances** Crime drama. (2014, PG, 85min) ★★
1.50 AM FILM **The House on the Hill** (2019, 12) ★★
3.25 **to 5.00** AM FILM **Eyewitness** Thriller. (2017, PG, 95min) ★★

+1 hour 321

Great! Romance
322 319 424 52 47

8.10 AM FILM **Love's Match** Drama. (2021, PG) ★★
10.10 FILM **Love By Chance** Romantic comedy. (2016, PG, 85min) ★★
12.05 PM FILM **Right in Front of Me** Romantic comedy. (2021, PG, 84min) ★★
2.00 FILM **You Had Me at Aloha** Romantic drama. (2021, PG, 84min) ★★
3.50 FILM **A Pinch of Portugal** Romance. (2023, PG, 84min) ★★
5.45 FILM **Rome in Love** Drama. (2019, PG) ★★
7.40 FILM **A Town Called Love** Romantic drama. (2023, U, 89min) ★★
9.40 FILM **Autumn in the City** Romantic drama. (2022, U, 84min) ★★
11.45 FILM **Dog Lovers Guide to Dating** Comedy. (2023, U, 82min) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **You Had Me at Aloha** (2021)

+1 hour 323

Together TV
170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** From Walsall.
1.00 PM **Celebrity Coach Trip**
2.00 **Case Sensitive**
3.00 **Garden Rescue**
4.00 **Robson Green's Weekend Escapes**
4.45 **This Farming Life**
6.00 **Celebrity Coach Trip**
7.00 **Love Your Garden**
8.00 **Garden Rescue** Charlie Dimmock and Lee Burkhill transform a garden in Cwmbran.
9.00 **Case Sensitive** 1/2. A music teacher's husband is killed.
10.00 FILM **Let's Get Laid!** Comedy. (1977, 18) ★★
12.00 M'T FILM **Got It Made** Drama. (1974, 18) ★★
1.45 AM **Real Thick Glasses**
2.00 **Case Sensitive**
3.00 **This Farming Life**
4.15 **to 5.00** AM **Robson Green's Weekend Escapes**

Rewind TV
182 81 164 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Doctor in Charge**
10.30 **Mother's Ruin** (S1)
11.00 **The Fenn Street Gang**
11.30 **Frankie's On**
12.00 NOON **Man in a Suitcase**
1.00 PM **Agony** 6/6. (S1)
1.30 **The Gaffer** 2/7. (S3)
2.00 **Second Thoughts** (S2)
2.30 **The Fenn Street Gang**
3.00 **Frankie's On**
3.30 **Boon** 2/13. (S5)
4.30 **Old Country** (S1)
5.00 **Stereo Underground**
6.00 **The Gaffer** 2/7. (S3)
6.30 **Only When I Laugh**
7.00 **Mother's Ruin**
7.30 **Doctor in Charge**
8.00 **Man in a Suitcase**
9.00 **Drop the Dead Donkey**
10.00 FILM **Confessions of a Sex Maniac** Comedy. (1974, 18, 78min) ★★
11.35 FILM **Vampire Hookers** Horror. (1978, 18) ★★
1.10 AM **Stereo Underground**
2.10 **to 6.00** AM **Highlights**

DMAX
159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Extinct or Alive**
10.00 **Deadliest Catch**
12.00 NOON **The Alaska Triangle** Documentary.
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch**
9.00 **Tiny House, Big Living** New editions A couple convert a cargo van into their dream house. **9.30** A couple want to simplify their lives. **10.00** An engaged couple rush to finish building their home. **10.30** A couple build the ultimate treehouse.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network
144 152 168 43 148 39

6.00 AM **James Martin's Spanish Adventure**
7.00 **The Hairy Bikers' Northern Exposure**
8.00 **Delicious Miss Brown**
9.00 **Jamie's Easy Meals for Every Day** Double bill.
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Mediterranean**
3.00 **The Hairy Bikers' Northern Exposure**
4.00 **The Pioneer Woman**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **Sophie Grigson: Slice of Italy** The chef shares her new world in Puglia. **9.30** Finding ingredients to try in new dishes.
10.00 **Jamie's 5 Ingredient Mediterranean Meals**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 16/28. (S1)
9.00 **T.J. Hooker** 11/19. (S5)
10.00 **Babylon 5** 4/22. (S2)
11.00 FILM **2021: War of the Worlds** Sci-fi thriller. (2021, 12, 78min) ★★
1.00 PM FILM **Sitting Bull** Western adventure. (1954, U, 106min) ★★
3.00 FILM **Gunfighters** Western drama. (1947, PG, 87min) ★★
5.00 **Star Trek** 18/24. (S3)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 5/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 FILM **S.W.A.T.** Thriller with Samuel L Jackson and Colin Farrell. (2003, 12, 115min) ★★★
11.25 FILM **Hard Kill** Thriller. (2020, 15, 98min) ★★
1.25 AM FILM **Hammer of the Gods** Adventure. (2013, 18, 94min) ★
3.15 **to 4.50** AM FILM **Sniper: Special Ops** Thriller. (2016, 15, 82min) ★★

Legend Xtra
316 316 171 69 138 51

9.00 AM **The Gambler III: The Legend Continues** 2/2. Western drama.
11.00 **Andromeda** 19/22. (S3)
12.00 NOON FILM **Apocalypse of Ice** Disaster drama. (2020, PG, 88min) ★★
2.00 PM FILM **Warbirds** Sci-fi war drama. (2008, 15, 87min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **Mega Shark vs Kolossus** Fantasy thriller. (2015, 12, 90min) ★
7.00 **Andromeda** (S3)
8.00 **The A-Team** 15/23. (S2)
9.00 FILM **Robin Hood** Action adventure starring Taron Egerton. (2018, 12, 112min) ★★
11.25 FILM **Jiu Jitsu** Thriller. (2020, 15, 102min) ★★
1.30 AM FILM **We Still Kill the Old Way** Drama. (2014, 18, 94min) ★★
3.20 FILM **Mega Shark vs Kolossus** As 5.00pm.
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze
156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Matlock.
6.45 **Pawn Stars**
7.30 **Money for Nothing**
8.25 **Container Wars**
9.20 **Canadian Pickers**
1.05 PM **Pawn Stars**
2.05 **Money for Nothing**
3.05 **Container Wars**
4.05 **Ancient Aliens**
5.00 **UFO Chronicles**
6.00 **Storage Wars Canada**
7.00 **Money for Nothing**
8.00 **Dickinson's Real Deal**
9.00 **Weird Britain** New edition A look at Scotland's quirkiest urban legends and hoaxes.
10.00 **Britain's X Files**
11.00 **Secrets in the Dark**
12.00 M'T **Mysteries from Above** Documentary.
1.00 AM **UFO Chronicles**
2.00 **Mysteries from Above**
3.00 **Container Wars**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
11.00 **Ben Fogle: New Lives in the Wild** Arizona.
12.00 NOON **All Creatures Great and Small** (S2)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Coastal Adventures with Helen, Jules & JB**
6.00 **Great British Bike Rides**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Keeping Faith** 1/6. Faith takes on the case of a farmer accused of killing her husband. (S2)
10.05 **The Madame Blanc Mysteries** *Inheritance*: 2/6. Charlie's Aunt Fifi is fatally poisoned, and Jean discovers that Fifi owned valuable antiques and collectible. (S4)
11.05 **Prisoner: Cell Block H**
1.15 AM **Murder, She Wrote**
3.10 **to 4.00** AM **Coastal Adventures with Helen, Jules & JB**

Challenge
130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
5.00 **The Bidding Room**
6.00 **Tenable** Quiz show.
7.00 **The Chase Celebrity Special** Andi Osho, Mark Ramprakash, Alex Beresford and Jane Moore take part.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** Scott Mills, Gareth Malone, Louise Minchin and Glenn Hoddle compete.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC
133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.00** 13/24. Amy and Leonard bond. **8.30** 14/24. Raj finds himself in the middle of a domestic drama. (S11)
9.00 **The 600lb Diaries with Dr. Now** New edition After only one of the twins qualifies for surgery, they face a tough decision.
10.00 **Take My Tumour**
11.00 **Unacceptable**
12.00 M'T **Mike & Molly**
1.00 AM **Dr Pimple Popper**
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central
112/113 135 132 345 360

8.00 AM **Friends** (S2&3)
9.00 **Everybody Loves Raymond** 9-12/25. (S2)
11.00 **The Upper Hand**
1.00 PM **Friends** (S4&5)
8.00 **Friends** 14/24. Chandler and Monica's relationship becomes public knowledge. **8.30** 15/24. Ross makes a bad impression on his new neighbours. (S5)
9.00 **Michael McIntyre's Big Show** With Jess Glynne.
10.00 **8 Out of 10 Cats Uncut**
10.50 **8 Out of 10 Cats**
11.40 **Whose Line Is It Anyway? USA**
12.40 AM **Teachers** Series finale 20/20. Ms Bennigan's wedding day arrives. (S3)
1.10 **South Park** (S5)
3.05 **Michael McIntyre's Big Show** As 9.00pm.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154

6.00 AM **Everybody Loves...**
6.50 **Rosie Jones Tries to Help** Harriet Kemsley.
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Surprises**
11.00 **Friends** (S2&3)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** (S2)
7.00 **Michael McIntyre's Big Surprises**
8.00 **The Upper Hand**
9.00 **Friends** (S2&3)
10.00 **South Park** Animation.
1.00 AM **Mike Judge's Beavis and Butt-Head**
2.00 **Michael McIntyre's Big Surprises**
3.00 **Most Ridiculous**
3.45 **New Girl** 14-17/22. (S6)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV
171 150 56 42

8.00 AM **Highlights**
10.10 **Bread** 2/14. (S6)
10.45 **Steptoe and Son** (S7)
11.25 **Oh, Doctor Beeching!**
12.00 NOON **Rising Damp**
12.30 PM **Man About the...**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 8/15. Sitcom. (S3)
2.40 **Minder** 3/13. (S3)
3.50 **Just Good Friends** (S2)
4.25 **Man About the House**
4.55 **Bread** 2/14. (S6)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.05 **Rising Damp** 6/7. (S3)
6.40 **Steptoe and Son** (S8)
7.15 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 11/13. (S9)
9.00 **Benidorm** 5/7. (S5)
10.00 **Shameless** 6/8. (S4)
11.00 **Man About the House**
11.35 **Mind Your Language**
12.05 AM **Benidorm** 5/7. (S5)
1.05 **Minder** 7/13. (S3)
2.10 **Duty Free** 7/7. (S1)
2.35 **to 5.00** AM **Highlights**

MTV
126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
11.00 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: The TV Show** Reality series.
1.00 PM **Catfish: Teams**
2.00 **Catfish: The Dramatic**
3.00 **Catfish: On the Run**
4.00 **Judge Judy**
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Rich Kids Go Skint**
8.00 **Judge Judy**
8.30 **MTV Cribs** Featuring singer and social media star Loren Grey.
9.00 **Skin A&E** Dr Adil deals with a huge back cyst.
10.00 **Tattoo Fixers**
11.00 **Geordie Shore**
12.00 M'T **Ridiculousness**
1.00 AM **Ink Master**
2.45 **Ink Master Redemption**
3.35 **to 4.00** AM **Just Tattoo of Us USA**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush: White Water**
11.00 **Buying Alaska** Four editions.
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.30** The making of steel forgings and skateboards.
5.00 **Alaska: Homestead Rescue** The Raneys continue rescuing a tyre bale home in Ohio. **6.00** Helping a Oregon couple with a toxic salt water well.

10.00 Mighty Truckers

7.00 Shorty's Dream Shop Porkchop turns a 1969 Firebird convertible into a tribute Trans Am.

8.00 Shorty's Dream Shop A classic Nova gets a rebuilt supercharged 6.2 LS, and the crew revive a 1924 LaFrance fire truck.

9.00 Wheeler Dealers Mike spots a bargain supercar, for under £10,000 – a Maserati 4200GT with a Ferrari V8 under the hood.

10.00 Mighty Truckers New edition Trucker couple Dani and Michel start a new life driving for a Norwegian company.

11.00 **Expedition X** Landmarks tied to Stephen King's *IT* hide terrifying ghost stories
12.00 M'T **Deadliest Catch**
1.00 AM **Wheeler Dealers**
2.00 **Mighty Truckers**
3.00 **Edge of Alaska**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Project Grizzly**
10.00 **Tanked** Documentary.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell**
5.00 **Lone Star Law** Two wardens chase drug smugglers that crossed the Rio Grande River.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff helps a beloved German shepherd walk again, while Dr Don has to act fast when a cat eats poison.

8.00 Dog Detectives

7.00 Treehouse Masters Pete Nelson builds an outside-in treehouse in Alaska, heating things up by installing a sauna.

8.00 Dog Detectives Firearms support dog Patto faces a dangerous situation involving a gunman hiding inside a flat.

9.00 Alaska: The Last Frontier Otto and Eivin fight to douse a raging coal fire on Kilcher beach that threatens the homestead.

10.00 Alaskan Bush People: Bushcraft Chronicles The Browns discuss some of their most unconventional and effective appliances.

11.00 **The Haunted** A couple ignore warnings to leave their home.
12.00 M'T **Crikey! It's the Irwins** Robert helps to raise another baby – Melman the kangaroo.
1.00 AM **Guardians of the Glades**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Hidden Beneath the Cities**
11.00 **Car S.O.S** A Ford Fiesta XR2.
12.00 NOON **Seconds from Disaster**
1.00 PM **Air Crash Investigation**
2.00 **Hitler's Last Stand**
4.00 **Strangest Things**
5.00 **Drain the Oceans: Secrets of the Civil War** Maritime archaeologists hunt beneath the waves for Civil War secrets.
6.00 **World War II: Secrets from Above** Footage of one of the most audacious bombing missions of World War Two.

8.00 Colosseum: Rise and Fall

7.00 Air Crash Investigation Two pilots survive a crash which kills 37 passengers, and claim bad weather was to blame.

8.00 Colosseum: Rise and Fall New discoveries and cutting-edge research reveal the history of Rome's Colosseum.

9.00 Colosseum: Rise and Fall Archaeologists dig beneath the Colosseum to uncover the remains of ancient beasts.

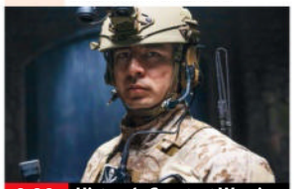
10.00 Colosseum: Rise and Fall Archaeologists visit Austria, Tunisia and Rome as they uncover the story of the empire's collapse.

11.00 **Air Crash Investigation** A C-130 firebomber crashes while battling a wildfire.
12.00 M'T **Border Protection Spain** The Customs Surveillance team take on a special operation.
1.00 AM **To Catch a Smuggler**
2.30 **Primal Survivor**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

Sky History

123/124 115/116 131 353 368

6.00 AM **Curse of Skinwalker Ranch** Documentary.
6.30 **World War II with Tom Hanks**
8.20 **World War II: Witness to War**
9.15 **Pawn Stars** Tyrannosaur teeth.
10.10 **Storage Wars** Five editions.
1.00 PM **History's Greatest Warriors** As 9.00pm.
2.00 **Mysteries Unearthed with Danny Trejo** As 10.00pm.
3.00 **Storage Hunters**
6.00 **American Pickers** Jersey embarks on a journey to chase his steam-powered dream from childhood.


9.00 History's Greatest Warriors

7.00 Forged in Fire The finalists are challenged to recreate Hattori Hanzo's 1,000-layer katana from Quentin Tarantino's *Kill Bill* films.

8.00 Storage Wars New edition Brandi takes centre stage in Banning as she capitalises on her latest buy.

9.00 History's Greatest Warriors New edition A look at the expertise and techniques of the US Navy SEALs.

10.00 Mysteries Unearthed with Danny Trejo New edition Discoveries that defy explanation, including fossilised vomit.

11.00 **Cursed Treasures** Treasures lost during the falls of Ancient Egypt, Greece and Rome.
12.00 M'T **Storage Hunters**
1.50 AM **Storage Wars**
2.50 **History's Greatest Warriors**
3.40 **Mysteries Unearthed with Danny Trejo** As 10.00pm.
4.25 **Storage Hunters** Brandon and Jesse are forced to team up.
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Eighties**
7.00 **Discovering: Roy Scheider**
8.00 **The Directors**
9.00 **The Man Who Bought Cricket** 1/3. Documentary.
10.00 **The Civil War**
11.05 **History of the Sitcom**
12.00 NOON **Justin Rose: Chasing Forever** A profile of the golfer.
1.00 PM **Urban Secrets**
2.00 **I Am Burt Reynolds**
3.50 **My Icon: Shaun Gayle**
4.00 **The Directors**
5.00 **Discovering: Roy Scheider**
6.00 **I Am Steve McQueen**

9.00 Katie Price: Nothing to Hide

7.30 Salt Path: A Very British Scandal A look at *Observer* journalist Chloe Hadjimatheou's investigation into allegations of factual inaccuracies in Raynor Winn's book *The Salt Path*.

9.00 Katie Price: Nothing to Hide New edition 2/4. A secret romance and relentless public scrutiny make Katie public enemy number one.

10.10 Boyzone: No Matter What 1/3. Documentary about the boy band, featuring rare interviews with the members.

11.10 **Fatboy Slim: Right Here, Right Now** Documentary about the Big Beach Boutique II free event in 2002.
1.00 AM **Liverpool Narcos** 1-3/3. Documentary about the drugs trade in 1980s Liverpool.
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Roy Scheider**

Wednesday 7 PM 8 PM 9 PM 10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Crystal Hunters** Double bill.
1.00 PM **Ant Anstead: Born Mechanic**
2.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House**
6.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House**
9.00 **Angus Ashworth: Yorkshire Heritage Hero** Constable Burton House.
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress: UK** Reality series.
7.30 **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Disappeared**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Nurses Who Kill**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories** A diamond theft.
8.00 **Murder on CCTV**
9.00 **Hunt for the Missing: Chicago** New edition The story of Kianna Galvin.
10.00 **Forensic Factor: A New Era** True-crime.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** The story of nurse Victorino Chua, who secretly poisoned hospital patients.
8.00 **UK Crime Files: Dating App Murder** How police captured the murderers of Timothy Smith.
9.00 **UK Crime Files: Child Killers** The 1993 murder of James Bulger.
10.00 **Bloodline Detectives** New edition The story of two Stanford-area murders that left police searching for answers.
11.00 **Secrets of a Murder Detective** Documentary.
12.00 M'T **UK Crime Files: Dating App Murder**
1.00 AM **UK Crime Files: Child Killers**
2.00 **Bloodline Detectives**
3.00 **Murder UK**
4.00 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files**
11.00 **Secrets of a Murder Detective** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: The Shoe Rapist**
3.00 **UK Crime Files: The Lonely Killer**
4.00 **Secrets of a Murder Detective** A serial killer targets men in North London parks.
5.00 **Medical Detectives** A building manager finds the body of a woman in her apartment. **5.30** A murder victim's final moments are caught on tape. **6.00** A wounded woman manages to call 911. **6.30** A deeply religious woman is shot dead.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Cops**
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Caught on Dashcam**
12.00 NOON **Killer in My Village** True-crime.
1.00 PM **Murdered at First Sight** Jeralee Underwood.
2.00 **World's Most Evil Killers**
3.00 **Killing Mum and Dad**
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Murdered at First Sight**
10.00 **Terror on Long Island**
11.00 **How I Caught the Killer**
12.00 M'T **World's Most Evil Killers** Documentary.
1.00 AM **Catching the Killer**
2.00 **Murdered at First Sight**
3.00 **Caribbean Cops**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered...**
8.35 **Treasures Decoded**
9.40 **Edwardian Britain in...**
10.40 **Silent War: The Shadow of Atomic Bombs**
11.50 **The War** Documentary.
1.00 PM **Weathered...**
1.35 **Treasures Decoded**
2.35 **Edwardian Britain in...**
3.35 **Silent War: The Shadow of Atomic Bombs**
4.50 **The War** Documentary.
5.55 **Treasures Decoded**
6.55 **Edwardian Britain in Colour** Documentary.
7.55 NEW SERIES **Silent War: The Shadow of Atomic Bombs** 1/2. Examining the dawn of the atomic age.
9.00 **The War** Documentary.
10.15 **Edwardian Britain in Colour** Documentary.
11.15 **Weathered: Earth's...**
12.00 M'T **Silent War: The Shadow of Atomic...**
1.10 **to 2.00** AM **Weathered: Earth's Extremes**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

WEDNESDAY

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Hope for Wildlife**
7.00 **Monkey Life**
8.00 **Coastal Africa**
9.00 **Great Blue Wild**
10.00 **Gladiators**
11.00 **Secrets of the Enchanted Waters** Documentary.
12.00 NOON **Australia's Hidden Islands** Documentary.
1.00 PM **Monkey Life**
2.00 **Coastal Africa**
3.00 **Great Blue Wild**
4.00 **Gladiators**
5.00 **Secrets of the Enchanted Waters** Documentary.
6.00 **Australia's Hidden Islands**
7.00 **Monkey Life** Double bill.
8.00 **Deep Dive Australia**
9.00 **Tales from Zambia**
10.00 **Australia's Hidden Islands**
11.00 **Secrets of the Enchanted Waters** Documentary.
12.00 M'T **Land of Primates**
1.00 AM **Hope for Wildlife**
2.00 **Deep Dive Australia**
3.00 **Tales from Zambia**
4.00 **Coastal Africa**
5.00 **to 6.00** AM **Great Blue Wild**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Life After People**
9.00 **Combat Ships**
10.00 **Secret Wars Uncovered**
11.00 **Ancient Aliens**
1.00 PM **Ancient Aliens: The Ultimate Evidence**
2.00 **Ancient Aliens**
6.00 **Mysteries from Above**
7.00 **UFO Hunters** A declassified US Department of Defence report that analyses an alleged encounter between a fighter pilot and a UFO in May 1980.
8.00 **Hell on Earth: WWII** The tide of the war begins to turn against Germany.
9.00 **Hazardous History with Henry Winkler** Shockingly dangerous 'cures' advertised and offered to the public.
10.00 **Rome: Rise and Fall of an Empire** How Julius Caesar's popularity sparked a civil war.
11.00 **Ancient Aliens** Double bill.
1.00 AM **UFO Hunters**
2.00 **Ancient Aliens: The Ultimate Evidence**
3.00 **to 6.00** AM **Ancient Aliens**

Discovery Science

167 148 179

8.00 AM **NASA's Unexplained Files**
11.00 **How the Universe Works**
12.00 NOON **You Have Been Warned**
1.00 PM **Richard Hammond's Big**
3.00 **Through the Wormhole with Morgan Freeman** Triple bill.
6.00 **How Do They Do It?**
9.00 **Expedition Bigfoot** Mireya and Ronny return to where they think they heard whistles and saw glowing eyes. Meanwhile, Mireya agrees to act as bait in order to lure out Bigfoot.
10.00 Russell records thermal imagery that believes is Bigfoot. Meanwhile, Mireya and Ronny have a terrifying experience when they realise they are not alone in the forest
11.00 **Unexplained and Unexplored** Unravelling the mystery of the Mayan empire's fate.
12.00 M'T A source of water said to grant eternal life.
1.00 AM **Through the Wormhole with Morgan Freeman**
4.00 **to 6.00** AM **Secrets Underground**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Fugitive Hunters: Mexico**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Murdertown**
2.00 PM **Green Eyed Killers**
3.00 **The Real Murders of Atlanta**
6.00 **On the Case with Paula Zahn**
7.00 **The First 48**
8.00 **Green Eyed Killers** A wife's death is ruled as a suicide, but investigators sense something sinister. Years later, secrets unravel and the truth is exposed.
9.00 **Manifesto of a Serial Killer** Following the discovery of Leonard Lake's cabin, investigators find the hidden cell where Lake kept his victims.
10.00 **City Confidential**
11.00 **Look What You Made Me Do**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: North Carolina** Documentary.
10.00 **America's Wild Southwest**
11.00 **Fish Tank Kings**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Snakes in the City**
2.00 **Voyagers: Exploring Pacific Waters** Documentary.
3.00 **Shark Men**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Yukon Vet**
7.00 NEW SERIES **World's Deadliest: Venom** The world's most venomous animals.
8.00 **Snakes in the City: Venomous Face-Off** Highlights from the series featuring mambas.
9.00 **Venom Files: Anatomy of a Snake Bite** Nature's deadliest venomous bites.
10.00 **Northwoods Survival**
11.00 **Ice Road Rescue**
12.00 M'T **Alaska Animal Rescue**
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Fish Tank Kings**

Discovery History

161/172 147 181

7.00 AM **Bullet Points**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **Aliens in Alaska**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** New discoveries that have revealed alien worlds.
8.00 **Bullet Points** Examining why the controversial war in Vietnam raged on for 12 years, with sustained US military involvement, and at the cost of almost 60,000 soldiers' lives.
9.00 **Legendary Locations** A lake in India with links to alien life.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Man and Beast with Martin Clunes** Documentary.
10.00 **Joanna Lumley's Silk Road Adventure** Triple bill.
1.00 PM **Man and Beast with Martin Clunes** Documentary.
2.00 **Joanna Lumley's Silk Road Adventure** Triple bill.
5.00 **Bangers & Cash** Derek picks up a 1970 Aston Martin DBS.
6.00 *Call the Midwife* star Cliff Parisi arrives to drop off his Bedford CA campervan.
7.00 Derek picks up an impressive five vehicle haul.
8.00 **Bangers & Cash: Restoring Classics** A sun-bleached red Vauxhall Astra GTE gives the team members a headache.
9.00 The team take a gamble on restoring a Vanden Plas saloon from the 1970s.
10.00 **Bangers & Cash** Triple bill.
1.00 AM **Bangers & Cash: Restoring Classics** Double bill.
3.00 **Bangers & Cash** Triple bill.
5.30 **to 6.00** AM **Great British Railway Journeys**

+1hour 266 376

ID

154 140 166

8.00 AM **Twisted Love**
9.00 **Love Kills**
12.00 NOON **Betrayed**
1.00 PM **American Monster**
3.00 **Crime Scene Confidential**
6.00 **Raw Terror**
7.00 **Atlanta Justice** The Atlanta Homicide team juggle two cases involving three killings that are potentially linked.
8.00 When Candiace Person is found murdered in her home, detectives uncover evidence that she was being stalked by her killer prior to her death.
9.00 **Body Cam** The story of how a killer on the run left a state trooper fighting for his life.
10.00 **Feds** New edition When FBI officers uncover a terror plot in a small town in Kansas, they must battle to save the lives of hundreds while keeping their informant safe.
11.00 **Murder Comes to Town**
1.00 AM **Undercover Underage**
2.00 **Crime Scene Confidential**
4.00 **to 6.00** AM **Atlanta Justice**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Garage Rehab**
2.00 **Ant Anstead Master Mechanic**
3.00 **Hand Built Hot Rods**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Faster with Finnegan**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Faster with Finnegan** The guys transform a Miata into the ultimate nitrous toy.
9.00 **Outback Truckers** Steve Grahame must cross a remote river before wild weather sets in.
10.00 **Hand Built Hot Rods**
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Faster with Finnegan**
1.00 AM **Richard Hammond's Workshop** Richard questions his role in the business.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

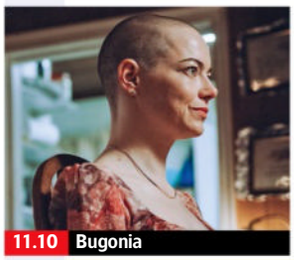
+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.20 AM **Grand Prix of Europe** Animation. (2025, U, 98min)
8.05 **Wicked: For Good** As 6.00pm.
10.30 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
12.05 PM **Anemone** As 9.00pm.
2.15 **Carolina Caroline** Thriller. (2025, 15, 105min) ★★★★
4.05 **Redux Redux** Fantasy thriller. (2025, 15, 109min) ★★★★
6.00 **Wicked: For Good** Fantasy. (2025, PG, 137min) ★★★



11.10 Bugonia

8.30 The Odyssey Special A preview of the epic new movie from director Christopher Nolan.

9.00 Anemone Drama starring Sean Bean and Daniel Day-Lewis. A man heads out on a journey into the woods to reconnect with his estranged hermit brother with whom he shares a complicated past. With Samantha Morton. (2025, 15, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 Bugonia Comedy thriller starring Emma Stone, Jesse Plemons and Aidan Delbis. (2025, 15, 118min) ★★★★
1.15 AM **Black Phone 2** Horror sequel starring Ethan Hawke. (2025, 18, 114min) ★★★★
3.10 **Lee Cronin's The Mummy** Supernatural horror starring Natalie Grace and Jack Reynor. (2026, 18, 134min) ★★★
5.30 **to 6.00** AM **The Odyssey Special** As shown at 8.30pm.

Sky Cinema Directors

303 303 403 503 517

6.50 AM **Mars Attacks!** As 4.35am.
8.40 **Eddington** Western. (2025, 15, 148min) ★★★★
11.20 **Sinners** Horror thriller. (2025, 15, 132min) ★★★★
1.45 PM **Ghostbusters** Comedy. (1984, 12, 105min) ★★★★
3.45 **Planes, Trains and Automobiles** Comedy. (1987, 15, 92min) ★★★★★
5.30 **The Odyssey Special**
6.00 **The Phoenician Scheme** Comedy. (2025, 15) ★★★

10.20 Scarface

8.00 Vanilla Sky Romantic fantasy drama, a remake of the Spanish film *Open Your Eyes*, starring Tom Cruise and Penélope Cruz. A wealthy young man's life takes a bizarre turn after he meets the girl of his dreams. (2001, 15, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 Scarface Brian De Palma's crime thriller about the rise and fall of a Cuban gangster in Miami's violent drugs underworld. Stars Al Pacino, Robert Loggia and Michelle Pfeiffer. (1983, 18, 163min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.10 AM **Black Bag** Spy thriller starring Michael Fassbender. (2024, 15, 94min) ★★★★
2.45 **From Dusk Till Dawn** Horror. (1995, 18, 108min) ★★★★
4.35 **to 6.25** AM **Mars Attacks!** Tim Burton's sci-fi spoof. (1996, 12, 106min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.45 AM **Terms of Endearment** Oscar-winning comedy drama. (1983, 15, 132min) ★★★★★
9.10 **Moneyball** As 12.40am.
11.35 **A Star Is Born** Drama. (2018, 15, 136min) ★★★★★
1.55 PM **Dreamgirls** Musical. (2006, 12, 130min) ★★★★
4.10 **Lost in Translation** Bittersweet romantic comedy drama. (2003, 15, 102min) ★★★★★

5.55 **Boyz N the Hood** Oscar-nominated urban drama. (1991, 15, 111 min) ★★★★★
8.00 **The Shawshank Redemption** Prison drama with Tim Robbins and Morgan Freeman. A mild-mannered banker convicted of murder forms an unlikely friendship with a fellow convict. (1994, 15, 142min) ★★★★★
10.25 **An Officer and a Gentleman** Romantic drama starring Richard Gere and Debra Winger. (1981, 15, 125min) ★★★★

12.40 AM **Moneyball** Fact-based sports drama with Brad Pitt, Jonah Hill and Philip Seymour Hoffman. (2011, 12, 133min) ★★★★
3.05 **Boyz N the Hood** As 5.55pm.
5.10 **to 7.10** AM **Burning an Illusion** Drama with Cassie McFarlane. (1981, 15, 103min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.00 AM **Constantine** Supernatural thriller. (2005, 15, 121min) ★★★
9.05 **Mickey 17** Sci-fi comedy. (2024, 15, 137min) ★★★
11.35 **If You Were the Last** Sci-fi romantic comedy. (2023, 15, 92min) ★★★★
1.20 PM **Until Dawn** Horror. (2025, 15, 99min) ★★★
3.15 **The Shining** Horror chiller. (1980, 15, 119min) ★★★★★

5.40 **Pacific Rim** Epic sci-fi action movie. (2013, 12, 126min) ★★★
8.00 **Van Helsing** Fantasy adventure starring Hugh Jackman. (2004, 12, 132min) ★★★
10.15 **The Evil Dead** Horror comedy starring Bruce Campbell. While spending a holiday at a remote cabin, a group of teenagers summon up ancient demons. (1982, 18, 85min) ★★★★
11.45 **Evil Dead 2** Horror comedy sequel starring Bruce Campbell. (1987, 18, 85min) ★★★★

1.15 AM **Evil Dead** Gory remake of Sam Raimi's cult horror comedy. (2013, 18, 89min) ★★★
2.50 **Evil Dead Rise** Horror. (2023, 18, 97min) ★★★
4.30 **Sky Cinema Preview**
5.05 **to 6.50** AM **The Accursed** Horror. (2022, 15, 90min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.05 AM **Jackie Chan's The Tuxedo**
7.45 **Gabby's Dollhouse: The Movie** (2025, U) ★★★
9.30 **Ghostbusters: Afterlife** Comedy. (2021, 12) ★★★★
11.35 **Shark Tale** As 10.50pm.
1.10 PM **The SpongeBob Movie...**
2.45 **Look Who's Talking** Comedy. (1989, 12, 96min) ★★★
4.25 **Trolls** (2016, U) ★★★
6.00 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★

7.35 The Secret Life of Pets

7.35 **The Secret Life of Pets** Animated adventure with the voice of Louis CK. (2016, U, 83min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.15 **Look Who's Talking Too** Comedy sequel starring Kirstie Alley and John Travolta, and featuring the voices of Bruce Willis and Roseanne Barr. Baby Mikey finds himself with a sister. (1990, 12, 77min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

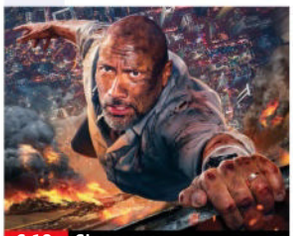
10.50 **Yogi Bear** Comedy with the voices of Dan Aykroyd and Justin Timberlake. (2010, U, 81min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Scooby-Doo** Comedy. (2002, PG, 86min) ★★★
2.05 **Scooby-Doo 2: Monsters Unleashed** Comedy sequel. (2004, PG, 93min) ★★★
3.50 **Sky Cinema Preview**
4.40 **to 6.30** AM **Charlotte's Web** Screen version of EB White's book. (2006, U, 97min) ★★★

Sky Cinema Action

306 306 407 507 521

7.25 AM **Prisoner of War** Thriller. (2025, 15, 112min) ★★★
9.25 **Hellboy II: The Golden Army** Comic-book fantasy sequel. (2008, 12, 115min) ★★★★
11.30 **Troy** Epic historical drama. (2004, 15, 163min) ★★★
2.15 PM **Mr Nice Guy** Comedy. (1996, 15, 88min) ★★★
3.50 **Godzilla** Monster movie. (1998, PG, 139min) ★★★
6.10 **Skyscraper** Action thriller. (2018, 12, 102min) ★★★


6.10 Skyscraper

8.00 **The Amazing Spider-Man** Fantasy adventure starring Andrew Garfield. A nerdy New York teenager becomes a vigilante crime-fighter after a bite from a genetically modified spider gives him special powers. (2012, 12, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **The Amazing Spider-Man 2** Fantasy adventure sequel starring Andrew Garfield. The superhero battles a foe with electrical powers, while an old friend presents an even greater threat. (2014, 12, 142min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.05 AM **Olympus Has Fallen** Action thriller starring Gerard Butler. (2011, 15, 119min) ★★★
3.10 **S.W.A.T.** Action thriller. (2003, 12, 115min) ★★★
5.05 **to 7.30** AM **William Tell** Historical drama with Claes Bang. (2025, 15, 133min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.50 AM **Gremlins 2: The New Batch** (1990, 12) ★★★
8.40 **Yesterday** As 11.50pm.
10.40 **Eddie the Eagle** Biopic. (2016, PG, 103min) ★★★
12.40 PM **The 'burbs** Comedy. (1989, PG, 103min) ★★★
2.35 **Pitch Perfect 3** Comedy sequel. (2017, 12, 93min) ★★★
4.10 **American Pie: The Wedding** Comedy. (2003, 15, 96min) ★
6.00 **Sleepless in Seattle** Comedy. (1993, PG, 105min) ★★★★★

6.00 Sleepless in Seattle

8.00 **American Reunion** Comedy sequel starring Jason Biggs and Alyson Hannigan. The group of friends get together some 13 years after leaving high school. With Chris Klein, Seann William Scott and Thomas Ian Nicholas. (2012, 15, 108min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Beverly Hills Cop** Comedy thriller starring Eddie Murphy as a brash Detroit police detective investigating a friend's murder in Beverly Hills. (1984, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Yesterday** Fantasy comedy. (2019, 12, 116min) ★★★
1.50 AM **'About Last Night..'** Comedy drama starring Rob Lowe. (1986, 18, 113min) ★★★
3.45 **Seven Psychopaths** Comedy thriller. (2012, 15) ★★★★
5.40 **to 7.35** AM **Mamma Mia! Here We Go Again** Musical sequel. (2018, PG, 114min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.20 AM **Sky Cinema Preview**
6.50 **Amongst the Wolves** Thriller. (2024, 15, 102min) ★★★
8.45 **The Gentleman** As 4.35am.
10.30 **Ocean's Twelve** Thriller sequel. (2004, 12, 125min) ★★★★
12.40 PM **The Hunt for Red October** Cold War thriller. (1990, PG, 135min) ★★★★
3.10 **Nightcrawler** Crime thriller. (2014, 15, 115min) ★★★★
5.20 **The Firm** Legal thriller. (1993, 15, 155min) ★★★

8.00 Sherlock Holmes

8.00 **Sherlock Holmes** Guy Ritchie's action adventure starring Robert Downey Jr and Jude Law. Sherlock Holmes and Dr Watson strive to foil a plot by a Satan-worshipping aristocrat to bring down Parliament. (2009, 12, 128min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

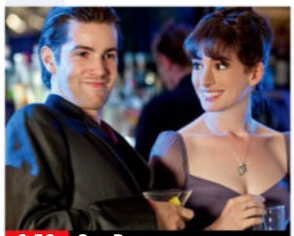
10.20 **Sherlock Holmes: A Game of Shadows** Guy Ritchie's action adventure sequel starring Robert Downey Jr, Jude Law and Jared Harris. (2011, 12, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Ocean's Eleven** Caper thriller starring George Clooney and Brad Pitt. (2001, 12, 116min) ★★★★
2.45 **The Stranger in My Home** Thriller starring Sophia Bush. (2025, 15, 91min) ★★
4.35 **to 6.20** AM **The Gentleman** Thriller starring Ron Perlman. (2025, 15, 89min) ★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Winchester '73** Western. (1950, b/w, U, 92min) ★★★
12.50 PM **Broken Lance** Western. (1954, U, 96min) ★★★★
2.45 **3.10 to Yuma** Western. (1957, b/w, PG, 80min) ★★★★
4.35 **Leave Her to Heaven** Drama. (1945, U, 105min) ★★★
6.50 **One Day** Bittersweet romantic drama starring Anne Hathaway and Jim Sturgess. (2011, 12, 107min) ★★★★


6.50 One Day

One Day (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Commando** Action thriller starring Arnold Schwarzenegger. A retired commando returns to combat when his daughter is kidnapped by a renegade former comrade. (1985, 18, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10.50 **Predator** Sci-fi action fantasy starring Arnold Schwarzenegger as the leader of a commando team battling a ferocious alien in the South American jungle. (1987, 15, 107min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

1.00 **to 2.55** AM **Late Night Shopping** Urban comedy. (2000, 15, 91min) ★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema 2026 Recap

302 302 402 502 516

6.45 AM **Plainclothes** Romantic thriller. (2025, 15, 95min) ★★★
8.30 **Borderline** As 3.50am.
10.15 **On Swift Horses** Drama. (2024, 15, 119min) ★★★
12.20 PM **Blue Moon** Biopic. (2025, 15, 100min) ★★★★
2.10 **A Big Bold Beautiful Journey** Romantic drama starring Colin Farrell and Margot Robbie. (2025, 15, 109min) ★★★
4.05 **LifeHack** Thriller with Georgie Farmer. (2025, 15, 97min) ★★★
5.50 **M3GAN 2.0** Sci-fi thriller sequel. (2025, 15, 120min) ★★★
8.00 **The Conjuring: Last Rites** Supernatural horror with Vera Farmiga and Patrick Wilson. (2025, 15, 135min) ★★★
10.20 **Him** Horror starring Marlon Wayans and Tyriq Withers. A young athlete descends into a world of terror when he is invited to train with a champion. (2025, 18, 96min) ★★★
12.00 M'T **Weapons** Horror thriller. (2025, 18, 128min) ★★★★★
2.15 AM **One Last Deal** Drama. (2026, 18, 89min) ★★★
3.50 **Borderline** Dark comedy horror. (2025, 15, 94min) ★★★
5.35 **to 7.10** AM **Safe House** Thriller. (2025, 15, 90min) ★★★

Sky Cinema Greats

307 307 404 504 518

7.30 AM **Waterworld** As 5.15am.
9.45 **First Knight** Mythical drama. (1995, PG, 134min) ★★★
12.00 NOON **Batman** Tim Burton's comic-book adventure. (1989, 15, 121min) ★★★★
2.10 PM **Batman Returns** Comic-book adventure sequel. (1992, 12, 121min) ★★★★
4.20 **The Mummy** Action adventure. (1999, 15, 124min) ★★★★
6.30 **The 7th Voyage of Sinbad** Vintage fantasy adventure. (1958, U, 87min) ★★★★
8.00 **Batman Forever** Comic-book adventure starring Val Kilmer, Tommy Lee Jones and Jim Carrey. Black-cloaked vigilante Batman and his new partner Robin tackle psychotic criminals Two-Face and The Riddler. (1995, 12, 121min) ★★★
10.05 **Batman & Robin** Comic-book adventure starring George Clooney. (1997, PG, 125min) ★★
12.10 AM **The Mummy** As 4.20pm.
2.15 **InnerSpace** Sci-fi comedy thriller starring Dennis Quaid. (1987, PG, 119min) ★★★
4.15 **Sky Cinema Preview**
5.15 **to 7.30** AM **Waterworld** Sci-fi action adventure starring Kevin Costner. (1995, 12, 134min) ★★★

Disney+ Cinema

305 305

6.00 AM **Piglet's Big Movie** Animated adventure. (2003, U, 75min) ★★
7.20 **A Bug's Life** Animated feature. (1998, U, 94min) ★★★★★
9.00 **Mulan** Animated adventure. (1998, U, 88min) ★★★
10.30 **Frozen** Animated musical. (2013, PG, 108min) ★★★★
12.15 PM **Hercules** Animated musical with the voice of Tate Donovan. (1997, U, 92min) ★★★★
1.50 **Big Hero 6** Animated adventure. (2014, PG, 102min) ★★★★
3.35 **Beauty and the Beast** Musical. (2017, PG, 129min) ★★★★
5.45 **Monsters, Inc** Animation. (2001, U, 95min) ★★★★★
7.20 **Percy Jackson: Sea of Monsters** Fantasy adventure sequel starring Logan Lerman. (2013, PG, 102min) ★★★
9.00 **Conan the Barbarian** Action fantasy. (1981, 15, 129min) ★★★
11.10 **Bad Company** Comedy thriller. (2002, 12, 112min) ★★★
1.10 AM **Aliens Vs Predator: Requiem** Sci-fi adventure sequel. (2007, 15, 89min) ★★
2.50 **Flightplan** Suspense thriller. (2005, 12, 98min) ★★★★
4.30 **to 6.00** AM **The Haunted Mansion** Supernatural comedy. (2003, PG, 87min) ★★

Movies 24

312 313 419

7.00 AM **Our Holiday Story** Festive drama. (2024, PG, 84min) ★★
9.00 **Christmas Above the Clouds** Drama. (2025, PG, 90min) ★★
11.00 **A Carol for Two** Romance. (2024, PG, 90min) ★★
1.00 PM **Christmas Under the Lights** Drama. (2024, PG, 89min) ★★
3.00 **Deck The Halls on Cherry Lane** Festive drama anthology. (2024, PG, 90min) ★★
5.00 **To Have and To Holiday** Festive drama. (2024, PG, 90min) ★★
7.00 **The More the Merrier** Medical drama starring Rachel Boston and Brendan Penny. (2025, PG, 90min) ★★
9.00 **Following Yonder Star** Festive romantic drama starring Brooke D'Orsay and John Brotherton. A celebrity fleeing a scandal finds new purpose while helping a small town teacher organise a Christmas pageant. (2024, PG, 84min) ★★
11.00 **Sealed with a List** Romantic drama. (2023, PG, 84min) ★★
1.00 AM **A Make or Break Holiday** Drama. (2025, U, 89min) ★★
3.00 **to 5.00** AM **A Novel Noel** Drama. (2024, PG, 90min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Impulse** Mystery thriller. (1954, b/w, PG, 90min) ★★
7.40 **The Son of Monte Cristo** Adventure. (1940, b/w, U) ★★
9.40 **The Small Voice** Thriller. (1948, b/w, PG, 81min) ★★★
11.20 **Taking Your Driving Test in 1936**
11.30 **Star Performance** 10/38. (S3)
12.00 NOON **Danger UXB** 10/13. (S1)
1.05 PM **The Buccaneers** 18/39. (S1)
1.35 **Yuma** Western. (1971, PG) ★★
3.00 **Look at Life**
3.10 **Dial 999** 18/39. (S1)
3.40 **Carve Her Name with Pride** Fact-based wartime drama. (1958, b/w, PG, 119min) ★★★★
6.00 **Dial 999** 10/39. (S1)
6.30 **Give Us a Clue**
7.00 **Out of Town**
7.30 **Travelling Man** 3/7. (S2)
8.35 **The Man in the White Suit** Comedy starring Alec Guinness. (1951, b/w, U, 85min) ★★★★★
10.20 **Men in War** Korean War drama. (1956, b/w, PG, 104min) ★★
12.25 AM **Doll's Eye** Drama starring Sandy Ratcliff and Bernice Stegers. (1982, 15, 75min) ★★★
2.00 **White Corridors** Medical drama. (1951, b/w, U, 95min) ★★
3.50 **Glimpses**
4.00 **Stagecoach West** 18/38. (S1)
5.00 **to 6.00** AM **The Rogues**

Wednesday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast**
9.00 **The Open: At the Range** Coverage and analysis from the practice range ahead of the 154th Open Championship at Royal Birkdale Golf Club in Southport.
12.00 NOON **Wednesday at The Open** A preview of the Major from Royal Birkdale Golf Club.
2.00 PM **The Open: At the Range** Further coverage and analysis from the practice range ahead of the 154th Open Championship staged at Royal Birkdale Golf Club in Southport, Merseyside.
5.30 LIVE **Vitality T20 Blast Cricket** Coverage of a quarter-final, as two teams compete for a place in Finals Day on Saturday.
8.45 **Best of ICC WT20** England v Australia in the 2010 final.
9.00 **World Cup Report** A round-up of all the day's World Cup news.
10.30 LIVE **Major League Cricket** Coverage of the qualifier play-off match from Oakland Coliseum.
2.15 **to 6.30** AM LIVE **Major League Cricket** Coverage of the eliminator play-off match held at Oakland Coliseum in California.

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Review**
9.00 **FNF** Action from Leeds United v Nottingham Forest at Elland Road.
9.30 **Premier League Highlights**
12.00 NOON **SNF** Newcastle United v Brentford from St James' Park.
12.30 PM **Premier League Highlights**
3.30 **SNF** West Ham United v Bournemouth at London Stadium.
4.00 **Premier League Highlights** Action from Sunderland v Fulham. **4.30** Crystal Palace v Wolves. **5.00** Nottingham Forest v Liverpool at the City Ground. **5.30** Tottenham v Arsenal.
6.00 **MNF Hlts** Everton v Man United.
6.30 **Transfer 360** Jurgen Klinsmann.
7.00 **Premier League Stories** Norwich's 1992/93 season.
7.30 **Premier League World Beaters** A look at some of the best players in the top flight.
8.00 **Netbusters** Recent action.
9.00 **Premier League Review**
11.00 **Premier League Years** A look back at the 2003/04 season.
1.00 AM **PL Retro** Chelsea v Tottenham Hotspur in 2015/16.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **Retro League One**
8.45 **EFL Greatest Games**
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **SPFL Highlights**
11.30 **EFL Greatest Games**
12.00 NOON **SPFL Greatest Games**
2.00 PM **EFL Greatest Games**
3.00 **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup** The 2020/21 final.
5.00 **Best Goals: EFL Cup 2020/21**
5.30 **EFL Trophy** Highlights from Sunderland v Tranmere Rovers.
6.00 **EFL** Leeds United v Watford in the 2005/06 Championship play-off final at the Millennium Stadium. **7.00** Derby County v West Bromwich Albion in the 2006/07 Championship play-off final.
9.00 **SPFL Highlights** Action from Celtic v Rangers in May 2022.
9.30 **EFL Greatest Games**
10.00 **EFL Cup** Highlights of Chelsea v Liverpool in the 2021/22 final.
11.00 **Best Goals: EFL Cup 2021/22**
11.30 **EFL Trophy** The 2021/22 final.
12.00 M'T **EFL** The 2019 play-off finals.
3.00 AM **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **International T20 Cricket**
8.30 **The Hundred Bitesize**
9.00 **Women's Test Cricket**
1.00 PM **The Hundred Bitesize**
1.15 **One-Day International Cricket**
2.15 **Best of ICC WT20**
2.30 **Women's T20 World Cup Cricket** Highlights of the final staged at Lord's in London.
3.00 **International T20 Cricket** Highlights from England v India.
5.00 **The Hundred Bitesize** Action from the 2025 women's final.
5.15 LIVE **Vitality T20 Blast Cricket** Coverage of a quarter-final, as two teams compete for place in Finals Day on Saturday.
8.45 **Best of ICC WT20** England v Australia in the 2010 final at the Kensington Oval in Barbados.
9.15 **One-Day International Cricket** England v India: Action from the first match in the three-game series staged at Edgbaston.
10.15 LIVE **Major League Cricket** Coverage of the qualifier play-off match from Oakland Coliseum.
2.15 **to 6.30** AM LIVE **Major League Cricket** Coverage of the eliminator play-off match held at Oakland Coliseum in California.

Sky Sports Golf

406 406 506 423 443

6.00 AM **The Open – Official Films**
8.00 **Chronicles of a Champion Golfer** Profiles of leading players.
9.00 **The Open: At the Range** Coverage and analysis from the practice range ahead of the 154th Open Championship in Merseyside.
12.00 NOON **Wednesday at The Open**
2.00 PM **The Open: At the Range** Further coverage and analysis from the practice range.
6.00 **Chronicles of a Champion Golfer** Padraig Harrington.
6.30 **Open Heroes Classic Highlights** Celebrity guests and golf stars competed in a Texas Scramble format held at Royal Birkdale Golf Club in Merseyside.
7.00 **Wednesday at The Open** A preview of the Major.
9.00 **Justin Rose: Chasing Forever**
10.00 **The Open** Last-chance qualifier.
11.00 **PGA Tour: The Cut**
11.30 **HotelPlanner Tour Golf Hlts**
12.00 M'T **PGA Tour Champions**
1.00 AM **Legends Tour Golf**
2.00 **to 6.00** AM **The Open**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
9.30 LIVE **WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including ATP Swedish Open at Båstad Tennis Stadium, ATP Swiss Open at Roy Emerson Arena, ATP Croatia Open at Stadium Goran Ivanišević and WTA Iasi Open at Baza Sportiva Ciric.
10.00 PM **ATP Tour This Week**
10.30 **ATP Tennis** The Halle Open final.
11.30 **Best of the US Open 2025**
1.30 AM **ATP Tour This Week**
2.00 **ATP & WTA Tour Classics**
4.00 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Classic Premier League**
8.00 **Premier League Stories**
8.30 **MotoGP Rewind**
8.45 **The WRC Magazine**
9.15 **IFSC Climbing World Series Highlights** From Chamonix.
10.15 **One Day International Cricket**
11.15 **The Gruppetto** Cycling news.
11.30 **Tour de France Men Highlights**
12.30 PM LIVE **Tour de France Men** Coverage from the 11th stage of the Grand Tour race, a 161.3km flat route from Vichy to Nevers.
5.15 **Tour de France Women**
5.45 **Cycling Essential Stories**
6.00 **TNT Sports Reload**
6.30 **A-Z: Commonwealth Games**
7.00 **MotoGP Highlights**
8.00 **Tour de France Men Highlights**
9.00 **FIM Speedway Grand Prix Hlts**
10.00 **The WRC Magazine**
10.30 **World Superbike Rewind**
10.45 **MotoGP** Grand Prix of Germany.
11.00 **TNT Sports Reload**
11.30 **Ultimate Pool** Recent action.
1.00 AM **One-Day International Cricket** Action from Guyana.
2.00 **Tour de France Men Highlights**
3.00 **IFSC Climbing World Series Highlights** From Chamonix.
4.00 **to 6.00** AM **NWSL**

TNT Sports 2

411 414 522 409 431

6.00 AM **Tour de France Men Highlights** The 10th stage.
7.00 **World Superbike Highlights**
8.00 **Spirit of Yachting**
8.30 **Sign Up – Into Football**
9.30 **UCI Mountain Bike World Series Review** La Thuile Enduro.
10.00 **UCI Mountain Bike World Series** In Pal Arinsal, Andorra.
1.00 PM **MLB** Action from the Home Run Derby staged at Citizens Bank Park in Philadelphia. **3.00** The All Star Game at Citizens Bank Park in Philadelphia.
6.00 **MLB Plays of the Week** A look at the past week's matches.
6.30 **Ultimate Pool** Action from the Group Five matches in the Champions League tournament.
8.00 **FIM Speedway Grand Prix Highlights** Action from the sixth round of the season in Sweden.
9.00 **IFSC Climbing World Series Highlights** The latest round of the season in Chamonix, France.
10.00 **FA Cup: The People's Story** The untold stories of the FA Cup.
11.30 **MLB** The All Star Game.
2.30 AM **MLB Plays of the Week**
3.00 **to 6.00** AM **UEFA Champions League – Classics**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League**
12.00 NOON **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
5.00 **NFL Bitesize Highlights**
5.15 **Super Bowl LX Bitesize** Seattle Seahawks v New England Patriots.
5.30 **Super League Highlights**
6.00 **NBA Basketball** Minnesota Timberwolves v Phoenix Suns.
8.00 **NFL Bitesize Highlights**
8.15 **Super League Highlights**
8.30 **NBA on Fire** The latest action.
9.00 LIVE **NBA Summer League Philadelphia 76ers v Orlando Magic.** Coverage of the match from Thomas & Mack Center in Las Vegas. Tip-off **9.00pm**.
11.00 LIVE **NBA Summer League Detroit Pistons v Phoenix Suns.** Coverage of the match from Thomas & Mack Center in Las Vegas. Tip-off **11.00pm**.
1.30 AM **NFL Highlights**
2.30 **NFL Bitesize Highlights**
3.30 **Super League Highlights**
4.15 **NBA on Fire** The latest action.
4.45 **Women's Super League**
5.00 **to 6.00** AM **Super League Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast**
9.30 LIVE **WTA & ATP Tennis** Coverage from the WTA and ATP Tours, including ATP Swedish Open at Båstad Tennis Stadium, ATP Swiss Open at Roy Emerson Arena, ATP Croatia Open at Stadium Goran Ivanišević and WTA Iasi Open at Baza Sportiva Ciric.
10.00 PM **World Cup Report** A round-up of all the day's news.
12.00 M'T **EFL Greatest Games** Leeds United v Derby County from the 2018/19 season. **12.15** AM Charlton Athletic v Doncaster Rovers in 2018/19. **12.30** Coventry City v Fulham from the 2021/22 season. **12.45** Action from Blackburn Rovers v Fulham from 2021/22.
1.00 LIVE **WNBA Indiana Fever v Golden State Valkyries.** Coverage of the inter-conference match staged at Gainbridge Fieldhouse in Indianapolis. Tip-off **1.00am**.
3.30 **WTA Tennis** Highlights of the Brisbane Open final staged at Queensland Tennis Centre.
4.30 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **One-Day International Cricket**
8.00 **Women's State of Origin**
11.00 **NBA Basketball**
1.00 PM **One-Day International Cricket** England v India.
2.00 **PL Greatest Games**
3.00 **Super League** A match replay.
5.45 **Women's State of Origin**
6.00 **State of Origin Rugby League**
9.00 **Women's State of Origin**
11.00 **One-Day International Cricket** England v India at Edgbaston.
12.00 M'T **The Insiders** NFL news.
1.00 AM LIVE **WNBA Indiana Fever v Golden State Valkyries.** Coverage of the inter-conference match staged at Gainbridge Fieldhouse in Indianapolis. Tip-off **1.00am**.
3.30 **PL Greatest Games**
4.00 **to 6.00** AM **ICC Women's T20 World Cup**

TNT Sports 3

413 415 523 410 432

6.00 AM **Formula E Flashback**
7.00 **WRC: More Than Machine**
7.45 **Endurance Uncovered: Racing for Excellence**
8.15 **What I Wore** Double bill.
9.00 **NWSL** Recent highlights.
11.00 **AFL** Three match replays.
3.30 PM **AFL** Another chance to see GWS Giants v Geelong Cats. **5.00** Another chance to see Carlton Blues v Hawthorn Hawks. **6.30** A chance to see Adelaide Crows v Gold Coast Suns.
8.00 **AFL** A chance to see Western Bulldogs v West Coast Eagles. **9.30** Action from Melbourne Demons v Richmond Tigers. **11.00** A chance to see Brisbane Lions v Essendon Bombers.
12.30 AM **MotoGP Highlights** Action from the Grand Prix of Germany.
1.30 **World Superbike Highlights**
2.30 **FIM Speedway Grand Prix Highlights** From Malilla, Sweden.
3.30 **The Gallagher PREM**
5.30 **to 6.00** AM **What I Wore**

TNT Sports 4

414 416 524 411 434

6.00 AM **The Gallagher PREM**
3.00 PM **The Gallagher PREM** Action from Exeter Chiefs v Bath. **4.00** Highlights from Newcastle Red Bulls v Harlequins.
5.00 **NWSL** Utah Royals v Gotham. **6.00** Highlights from Seattle Reign v Portland Thorns.
7.00 **UCI Mountain Bike World Series**
7.30 **UCI Mountain Bike World Series Women** The elite cross country short track race. **8.00** The downhill elite race. **8.30** Action from the elite cross country olympic race in Andorra.
9.00 **UCI Mountain Bike World Series Men** The elite cross country short track race. **9.30** The downhill elite race. **10.00** Action from the elite cross country olympic race in Andorra.
10.30 **UFC** McGregor v Holloway.
1.30 AM **UFC Reloaded**
5.00 **UFC Fight Flashback**
5.30 **to 6.00** AM **Formula E**

Premier Sports 1

419 APP 528

6.00 AM **NHL Ice Hockey**
8.00 **Rugby Junior World Championships** A semi-final.
10.00 **Temples of Sport**
11.00 **NASCAR Highlights**
12.00 NOON **European Le Mans Series** Action from Imola.
1.00 PM **DTM Motorsport Highlights** From Norisring.
2.00 **Premier Sports Cup** A replay of Celtic v Rangers in the semi-final.
4.30 **Sporting Greats**
5.00 **DTM Motorsport Highlights**
6.00 **Rugby Junior World Championships** Action from a ninth-place semi-final.
8.00 **KOTV Weekly** Boxing news.
8.30 **Premier Sports Cup** A replay of St. Mirren v Celtic in the final.
10.30 **Sporting Greats**
11.00 **NASCAR Highlights**
12.00 M'T **European Le Mans Series**
1.00 AM **Scottish Cup Football**
3.00 **DTM Motorsport Highlights**
4.00 **to 6.00** AM **German Cup**

Premier Sports 2

420 APP 529

6.00 AM **United Rugby Championship** Stormers v Cardiff in a quarter-final.
8.00 **United Rugby Championship** Leinster v Lions in a quarter-final.
10.00 **Temples of Sport**
10.30 **NASCAR O'Reilly Series** Action from EchoPark Speedway.
1.30 PM **Bike World** Magazine.
2.00 **Top 14 Rugby Union** Toulouse v Racing 92 in the first semi-final. **4.00** Montpellier v Stade Francais in the second semi-final. **6.00** Another chance to see Toulouse v Montpellier in the final.
8.00 **Bike World** Magazine.
8.30 **MotorSport** A look back at the career of Valentino Rossi.
9.00 **Challenge Cup** A replay of Montpellier v Ulster in the final.
11.00 **Champions Cup** A replay of Leinster v Bordeaux in the final.
1.00 AM **Temples of Sport**
1.30 **United Rugby Championship**
5.30 **to 6.00** AM **Temples of Sport**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Belgian Grand Prix races from 2020 to 2023.
9.30 **F1 Academy: Weekend Wrapped** British Grand Prix.
10.00 **Formula 3** From Silverstone.
12.00 NOON **Formula 1** Highlights.
1.00 PM **Ted's Notebook**
1.30 **Formula 2** British Grand Prix.
3.50 **Formula 1** Season highlights.
4.00 **Formula 1** The Belgian Grand Prix races from 2022 to 2025.
8.00 **Formula 1** British Grand Prix.
10.00 **F1 Academy: Weekend Wrapped** British Grand Prix.
10.30 **Formula 1** From 2025.
12.45 AM **Naomi Hot Laps with Kimi Antonelli**
1.00 **F1 Explained**
2.00 **to 6.00** AM **The Best of F1**

Thursday

16 July

Planner

The Hawk *COMEDY Netflix*

Will Ferrell stars in this sports comedy as Lonnie 'The Hawk' Hawkins, a washed-up golf pro who is desperately chasing a final Major win to secure a historic Grand Slam, leading to a fierce clash with his own son, Lance (Jimmy Tatro) – who just happens to be golf's new golden boy.

The Five-Star Weekend

DRAMA Sky Atlantic, 9pm & 10pm (box set, Sky Box Sets)

Jennifer Garner heads an impressive cast including Regina Hall, Chloë Sevigny and Timothy Olyphant in this adaptation of Elin Hilderbrand's bestseller. Food blogger Hollis Shaw (Garner) invites a group of friends on a luxury retreat, where long-buried secrets come to light.

The Open Championship

GOLF Sky Sports Main Event/Golf, from 6.30am

As the Major returns to the formidable sand dunes of Royal Birkdale, British hopes will rest on stars like Matt Fitzpatrick. Could he become the first English player to lift the Claret Jug since Nick Faldo in 1992?

The Odyssey with Dan Snow

DOCUMENTARY 5, 9pm

In a case of perfect timing – Christopher Nolan's *The Odyssey* arrives in cinemas tomorrow, 17 July – Dan Snow sets out to discover the ancient locations that inspired Homer's classic epic about Odysseus's journey home from war.

Thursday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Our Lives... †	7.30 EastEnders	8.00 Fake or Fortune?		9.00 Who Do You Think You Are?		10.00 News; Local News	
	102 BBC2	7.00 Escape to the Country		8.00 Gardeners' World		9.00 Golf: The Open Highlights			10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Tom Kerridge...	8.00 Emmerdale	8.30 Coronation...	9.00 The Chase Around the World		10.05 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 George Clarke's Remarkable...		9.00 Murder Case: The Digital Detectives		10.00 Murder in Suburbia	
	105 5	7.00 Tour de France		8.00 Cornwall: A Year by the Sea		9.00 The Odyssey with Dan Snow			10.30 HMP Full...
	106 SKY ONE	7.00 The Simpsons		8.00 Rob & Romesh vs Hollywood Stunts		9.00 The Dyers' Caravan Park		10.00 Katie Price: Nothing to Hide	
ENTERTAINMENT	115 BBC3		7.15 Film: Spider-Man: Into the Spider-Verse			9.00 The Traitors US			
	116 BBC4	7.00 Great British...	7.30 Pubs, Ponds...	8.00 Eiffel Tower: Building the Impossible		9.00 Kim Novak's Vertigo		10.15 Film: Vertigo	
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club Valentine's Special		9.00 Love Island		10.05 Love Island...	10.35 Family Guy
	136 MORE4	◂ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 The Reclaimers: Made in Suffolk		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons		8.00 Below Deck		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 The Rookie		10.00 FBI: Most Wanted	
	108 SKY ATLANTIC	◂ 6.50 The Gilded Age				9.00 The Five-Star Weekend			
	110 U&GOLD	◂ 6.40 Red Dwarf		8.00 Keeping Up...	8.40 Dad's Army		9.20 Not Going Out	10.00 Red Dwarf	
	111 U&DAVE	7.00 Mortimer &...	7.40 Would I Lie to You?			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Vera				10.00 Murder in Provence	
	120 ITV4	7.00 River Monsters		8.00 Sharpe					10.10 The Motorbike Show
	112 COMEDY CENTRAL	7.00 Friends				9.00 Iain Stirling's Roast the Internet		10.00 Stupid Central	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 From		10.00 Grimm	
	143 U&DRAMA	◂ 6.40 Last of the Summer Wine		8.00 The Marlow Murder Club				10.00 New Tricks	
	109 U&ALIBI	7.00 Private Eyes		8.00 Death in Paradise				10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Discovering: Ian McKellen		9.00 Laurel and Hardy: Their Lives and Magic			
	132 U&W	7.00 DIY SOS: The Big Build		8.00 Property Brothers: Under Pressure		9.00 DIY SOS: The Big Build			
DOCUMENTARY	125 DISCOVERY	7.00 Shorty's Dream Shop				9.00 Naked and Afraid: Global Showdown			
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Richard E Grant's Seven Deadly Sins		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Bushcraft...	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.					
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Britain's Lost Battlefields with Rob Bell		9.00 Royal Kill List			
	155 U&YESTERDAY	7.00 Planet Earth III		8.00 Bangers & Cash				10.00 To End All War: Oppenheimer and...	
	114 SKY DOCS	◂ 6.00 Spitfire		8.00 Film: The Alpinist				10.00 Boyzone: No Matter What	

◂ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x
* Terms & conditions: magazinesdirect.com/terms.

Thursday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition (S)(AD)
10.15 **The Moment of Proof** (S)(R)(AD)
10.45 **Expert Witness** New edition (S)
11.15 **Homes Under the Hammer** New edition Properties in Ayrshire, Liverpool and Buckinghamshire. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Policing Paradise** (S)(R)
2.30 **Rick Stein's Australia** (S)(R)(AD)
3.00 **Escape to the Country** (S)(R)
3.45 **The Bidding Room** (S)(R)
4.30 **The Travelling Auctioneers** New edition Restorer Robin Johnson does Mr Fixit proud. (S)(AD)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Who Do You Think You Are?

7 PM

7.00 NEW **Our Lives: Staying at Georgie Best's** People who make the pilgrimage to George Best's family home in Belfast. (S)(AD)
7.30 **EastEnders** Vicki and Ross return from their honeymoon. (S)(AD)

8 PM

8.00 NEW SERIES **Fake or Fortune?** 1/4. Fiona Bruce and Philip Mould unravel the mystery of a suspected Fabergé flower, kept hidden in a shoebox in Liverpool but believed to have belonged to royalty. (S)(AD)

9 PM

9.00 **Who Do You Think You Are?** New edition 5/8. Actor Toby Jones explores an extraordinary acting dynasty on his mother's side and is determined to discover whether his father's stories of a connection to India are fact or fiction. (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 FILM **Spider-Man: Far From Home** Superhero adventure sequel starring Tom Holland and Jake Gyllenhaal. The webslinger's European vacation leads to a battle with elemental monsters from another dimension. With, Zendaya, Samuel L Jackson and Marisa Tomei. (S)(AD) (2019, 12, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.40 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.45 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **The Travelling Auctioneers** (R)
7.15 **Bargain Hunt** (S)(R)
8.00 **Sign Zone: Gardeners' World** (R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **Mastermind** Double bill. (S)(R)
2.30 **The Farmers' Country Showdown** From Ashbourne Show. (S)(R)
3.15 **The Hidden World of Hospitality with Tom Kerridge** (S)(R)(AD)
4.15 **Land of the Lost Wolves** (S)(R)
5.15 **Flog It!** From Norwich. (S)(R)
6.00 **Richard Osman's House of Games** Guests Eniola Aluko, Phil Daniels, Nikita Kanda and Danny Miller take part. (S)(R)
6.30 **Just One Thing** Clive Myrie explains how swapping coffee for tea could lower stress levels. (S)(R)(AD)

8.00 Gardeners' World

7.00 **Escape to the Country** Alistair Appleton helps an aspiring writer who wants to relocate from the frenetic bustle of east London to the rural idyll of Dumfries and Galloway, and also heads for the hills on a Scottish gold rush. (S)(R)

8.00 **Gardeners' World** New edition Monty Don and his team of horticultural experts offer viewers at home more gardening tips, from their base in Monty's garden in Herefordshire. (S)

9.00 **Golf: The Open Highlights** Action from the opening day's play of the fourth Major of the year, which takes place at Royal Birkdale Golf Club in Southport, Merseyside. American Scottie Scheffler will arrive as the reigning champion after lifting the Claret Jug at Royal Portrush Golf Club in County Antrim, Northern Ireland 12 months ago. (S)
10.30 **Newsnight** (S)
11.05 **ODI Cricket Highlights** England v India: Action from the second match in the three-game series, held at Sophia Gardens, Cardiff. (S)
11.50 **Amityville: An Origin Story** 2/4. Ronnie DeFeo Jr is accused of murder after his family are found dead. (S1) (S)(R)(AD)
12.45 AM **Sign Zone: Brexit – A Very British Civil War** *Out of Control:* 2/2. Documentary. (S)(R)(AD)
1.45 **Sign Zone: Ambulance** (S)(R)
2.45 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson helps members of the public in Crewe sort the treasures from their trash, including a cheeky chimp, a collection of autographs, and some modern art. (S)(R)(AD)
3.00 **Deal or No Deal** Stephen Mulhern hosts the game show as Kelly tries to open the 22 red boxes in the right order. (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Emmerdale

7.30 NEW SERIES **Tom Kerridge Cooks Italy** 1/6. The chef sets out to explore Italy in his vintage food truck. He discovers the traditions behind chillies in Calabria, and the connection between the UK and Puglia's grapes. (S)(AD)

8.00 **Emmerdale** Robert is knocked unconscious by a farm trailer, and Aaron is suspicious about Serena. (S)(AD)
8.30 **Coronation Street** Lisa refuses to let Dylan shirk the blame for what has happened to Betsy. (S)(AD)

9.00 NEW SERIES **The Chase Around the World** 1/6. Contestants travel across the globe in a race to find all six Chasers in secret international locations, beginning with Rome. Hosted by Bradley Walsh. (S)(AD)

10.05 **ITV News** (S)
10.35 **Local News** (S)
10.50 **G'wed** 6/7. Aimee's big theatre debut is upended by family truths, and Mia-Louise must decide on her future. (S3) (S)(R)(AD)
11.25 **Password** Game show hosted by Stephen Mangan, with regular captains Daisy May Cooper and Alan Carr helping contestants Adisa and Jo guess mystery passwords across multiple rounds. (S)(R)
12.05 AM **Teleshopping**
3.00 **Love & Death** 1/7. Fact-based crime drama. (S1) (S)(SL)(R)(AD)
3.55 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Dickinson's Real Deal** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 22-24/26. (S10) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 11-14/24. (S1) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Help! We Bought a Village** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Narrow Escapes** Hannah and George take a cruise through east London. (S)(R)(AD)
5.00 **Chateau DIY** Tim and Sasha prepare for wedding season at Château du Puits es Pratx. (S)(R)
6.00 **Four in a Bed** The week's fourth and final visit is to Brooklands Guest House in Penrith. (S)(R)
6.30 **Come Dine with Me** IT consultant and part-time party boy David hosts night four in Cardiff. (S)(R)

10.00 Murder in Suburbia

7.00 **News** (S)

8.00 **George Clarke's Remarkable Renovations** George meets a couple who had run their local post office and lived in the building above it for the last 20 years. Now the business has closed, they are renovating the building. (S)(R)

9.00 NEW SERIES **Murder Case: The Digital Detectives** A look at how digital forensics uncovered the months of online escalation of a fascination with blades that led to the murder of 15-year-old Harvey Willgoose in Sheffield. (S)(AD)

10.00 NEW SERIES **Murder in Suburbia** 1/2. Investigating the 2007 murder of Sharon Birchwood at in her home in Ashtead, Surrey, where she was found strangled and trussed up with parcel tape and electrical cord. (S)(AD)
11.00 **Murder in Suburbia** Series finale 2/2. George's solid alibi forces detectives to dig further. (S)(AD)
12.05 AM **Crime Scene Cleaners** (S)(R)
1.00 **Ramsay's Kitchen Nightmares USA** From Boston. (S)(SL)(R)
1.50 FILM **Monday** Romantic drama. (S)(SL) (2020, 15, 115min) ★★★★
3.45 **A Cotswold Farmshop** (S)(R)(AD)
4.40 **Couples Come Dine with Me** (R)
5.35 **Sunday Brunch** (S)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **Castle** *That '70s Show:* 20/23. Construction workers unearth the remains of a mobster. (S)(R)
3.55 **Castle** *Law and Boarder:* 21/23. A professional skateboarder is murdered. (S6) (S)(R)
4.50 **Love Nature** A team tracking storm petrels off the remote island of North Rona. (S)(R)
5.00 **News** (S)
6.00 **Somerset: Wonder of the West Country** Cameras focus on Bath, and one of its most desirable properties. (S)(R)
6.55 **News** (S)

8.00 Cornwall: A Year by the Sea

7.00 Tour de France Rebecca Charlton presents highlights of the 12th stage, a 179.1km route from Circuit de Nevers Magny-Cours to Chalon-sur-Saone. (S)

7.55 News (S)

8.00 Cornwall: A Year by the Sea New edition 8/10. A family-run holiday park prepares for a busy summer season, and at Watergate Bay, aspiring surfers compete in the Under-21 Championships. (S)

9.00 NEW The Odyssey with Dan Snow The presenter sets sail across the Mediterranean in the wake of Homer's *Odyssey*, visiting the harbours, mysterious islands and ancient locations across Greece that inspired the epic of Greek literature. *See feature, page 20.* (S)

10.30 HMP Full Sutton: Evil Behind Bars Exploring life inside HMP Full Sutton, a men's high security prison in the East Riding of Yorkshire. (S)(R)

12.05 AM **World Cup: Uncensored with Piers Morgan** New edition Discussion on news and events from the tournament. (S)
1.00 **Teleshopping** (S)(R)
2.00 **Build Your Dream Home in the Country** Double bill. (S)(R)
3.40 **Friends** (S3) (S)(R)(AD)
4.30 **Cruising with Susan Calman** From Barcelona. (S)(SL)(R)(AD)
5.20 **to 5.30** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S5) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S9) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Airborne** (S)(R)(AD)
1.00 PM **Hawaii Five-0** (S5) (S)(R)
3.00 **S.W.A.T.** (S7) (S)(R)(AD)
5.00 **The Simpsons** *Clown v Board of Education:* Krusty opens a school for clowning. (S)(R) **5.30** *Carl Carlson Rides Again:* Carl discovers the origins of a mysterious rodeo buckle. (S)(R)
6.00 **Animal Control** 7/12. Frank and Victoria stake out a squawking peacock. (R) **6.30** 8/12. Reports come in about an aggressive attack dog on the loose. (S1) (R)

8.00 Rob & Romesh vs

7.00 The Simpsons *Homer's Adventure Through the Windshield Glass:* Homer crashes his car. (S)(R) **7.30** *Monty Burns' Fleeing Circus:* Mr Burns puts on a variety show at the Springfield Bowl. (S)(R)

8.00 Rob & Romesh vs Hollywood Stunts The duo head to Los Angeles to throw themselves into the world of Hollywood stuntmen, and meet *The Fall Guy* stars Ryan Gosling and Emily Blunt. (S)(R)(AD)

9.00 The Dyers' Caravan Park 2/6. After a disastrous billboard advert sparks uproar, Danny and Dani try to fix the mess by hosting a sports day, hoping it will ease the rivalry and bring everyone together. (S)(R)(AD)

10.00 Katie Price: Nothing to Hide 2/4. As she becomes a mother to Harvey, a secret romance and relentless scrutiny make Katie public enemy number one. (R)

11.10 Never Mind the Buzzcocks Guests Alex James, Julian Clary and Sister Bliss join the regulars, with Mel B standing in as captain for a 1990s special of the music quiz. (S)(R)(AD)
12.10 AM **Animal Control** (S1) (R)
1.10 **Evil** 8/10. The team head to a toy shop to investigate reports of possessed toys. (S3) (S)(R)
2.10 **Grimm** 14/22. (S5) (S)(R)
3.00 **Hawaii Five-0** (S5) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City (S)(R)(AD) **10.40** Our Lives: Staying at Georgie Best's New edition (S)(AD) **11.10** FILM Spider-Man: Far From Home (S)(AD) (2019, 12, 120min) ★★★★ **1.10am** Weather for the Week Ahead (S) **1.15-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm NEW SERIES The Band (S) **11.10** FILM Spider-Man: Far From Home: As Scotland. **1.10-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
7.00-7.30pm Wales' Home of the Year New edition (S) **10.40** Saving Lives in Cardiff (S)(R) **11.40** FILM Spider-Man: Far From Home: As Scotland. **1.40-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
7.00pm NEW Our Lives: Staying at Georgie Best's (S) **7.30-8.00pm** Scrum V: The Warm Up (S)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cais Quinnell **12.30** Heno **1.00** Gwlad Moc (AD) **1.30** Sgwrs Dan y Lloer: Sarra Elgan **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cyfres Triathlon Cymru **4.00** Awr Fawr **5.00** Stwnsh **6.00** Dim Cwsg i Quinnell (AD) **6.30** Gwlad y Basg: Gwilym Bowen Rhys **6.59** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** Seiclo: Tour de France New edition **9.30** Jason Mohammad: Stadiymau'r Byd **10.30-11.35pm** Yr Afon

TV&Streaming week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Proper Ladies** Short comedy about four schoolgirls in detention.
7.15 FILM **Spider-Man: Into the Spider-Verse** Animated adventure with the voices of Shameik Moore and Nicolas Cage. (2018, PG, 117min) ★★★★★
9.00 **The Traitors US** New edition 11/12. On the final day, the players must make a leap of faith, doubt and paranoia run through the castle as attempts are made to sway allegiances.
10.10 **The Traitors US** Series finale 12/12. In a reunion edition, the players come together to discuss the back-stabbing and betrayal in the series.
11.05 NEW SERIES **The Traitors Canada** 1&2/10.
12.50 AM **Canada's Drag Race: Canada vs the World**
3.00 **BBC New Comedy Awards**
3.30 **World Cup 2022**
3.40 **to 3.50** AM **World Cup 2014**

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael Portillo begins a journey through Scotland's central belt.
7.30 **Pubs, Ponds and Power: The Story of the Village** Ben Robinson explores the history of Port Isaac.
8.00 **Eiffel Tower: Building the Impossible** How engineer Gustave Eiffel built the famous French landmark.
9.00 NEW **Kim Novak's Vertigo** Exploring Kim Novak's life and career, highlighting her role in Alfred Hitchcock's *Vertigo*, and her journey from stardom to a reclusive life as an artist in Oregon.
10.15 FILM **Vertigo** Alfred Hitchcock's classic thriller starring James Stewart and Kim Novak. A San Francisco detective with a fear of heights is drawn into a complex intrigue. (1958, PG, 128min) ★★★★★
12.20 AM **Hitchcock at the NFT**
1.15 **Kim Novak's Vertigo**
2.30 **to 3.00** AM **Great British Railway Journeys**

MORE4

136/137 127 147 18 124 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest from Lichfield.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **George Clarke's Old House, New Home** George visits a Victorian villa in Leeds, where Jawad and Charlie are planning an ambitious master en-suite. He also helps with a two-storey extension in Brixton.
6.55 **Location, Location, Location** Kirstie and Phil go house-hunting with two couples in south Wales.
7.55 **Grand Designs** Kevin McCloud follows a project to construct a modern farmhouse that combines an open-plan party pad with functional spaces below.
9.00 NEW SERIES **The Reclaimers: Made in Suffolk** Following a family who rescue and repurpose treasures that others leave behind at their salvage yard in the Suffolk countryside.
10.00 **24 Hours in A&E** A psychologist is injured in a motorcycle accident.
11.05 **24 Hours in A&E**
12.10 AM **999: On the Front Line** Documentary.
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **A Place in the Sun**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** Couples from West Yorkshire compete.
8.00 **Ramsay's Kitchen Nightmares USA**
10.00 **Below Deck**
11.00 **Modern Family**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons** Four episodes of the animation.
7.00 **The Simpsons** *The Kids Are All Fight:* Flashback episode telling the story of Bart and Lisa's first fight. **7.30** *Let's Go Fly a Coot:* The family hear about Grampa's time in the Air Force.
8.00 **Below Deck** New edition The crew members celebrate Kyle's birthday while he gets acquainted with the local tourists.
9.00 **Gogglebox** Opinions on *I'm a Celebrity... Get Me Out of Here!* and *Tiger King 2*.
10.00 **Gogglebox** *Close to Me* and *Miriam and Alan: Lost in Scotland* are appraised.
11.05 **Naked Attraction**
12.10 AM **First Dates**
1.15 **Below Deck**
2.10 **Abbott Elementary**
2.35 **The Goldbergs**
3.25 **Brooklyn Nine-Nine**
5.00 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hr 235/236 306 30 123 256

Thursday primetime primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Border Security USA**
11.00 **Bull** 4/22. (S6)
12.00 NOON **FBI** 16&17/22. (S8)
2.00 PM **The Rookie** 13/22. A teenage thief gets hold of a police helicopter. (S4)
3.00 **Law & Order: Criminal Intent** 3/16. Goren and Eames investigate the murder of a businessman's brother. (S8)
4.00 **Nothing to Declare**

9.00 The Rookie

7 PM
7.00 **Nothing to Declare** Two Chinese visitors are carrying prohibited items. **7.30** A woman returning from China has a tantrum.

8 PM
8.00 **Caught on Dashcam** Outrageous road disasters captured via dashboard cameras.

9 PM
9.00 **The Rookie** *Free Fall:* 20/20. Nolan and Bishop stumble on a terror plot, while the Rookies prepare for their final exams. (S1)

10 PM
10.00 **FBI: Most Wanted** *Defender:* 2/14. A single mother goes on a deadly rampage at a Public Defender's office. (S1)
11.00 **The Rookie** 10/22. Nolan wonders whether he and Bailey still have a future. (S4)
12.00 M'T **FBI** 14&15/22. (S8)
2.00 AM **Law & Order: Criminal Intent** 4/16. (S8)
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Air Ambulance ER**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Deadwood** 9&10/12. (S2)
10.00 **Homicide: Life on the Street**
12.00 NOON **Billions** 3&4/12. (S2)
2.15 PM **Succession** 7&8/10. (S4)
4.40 **Gomorrah** 9/12. The Capaccios strike out at Sangue Blu as they set out to conquer Forcella. **5.45** 10/12. Patrizia must face up to a life-changing decision. Subtitled. (S4)
6.50 **The Gilded Age** 5/9. Bertha, Marian and Aurora listen to Clara Barton speak. (S1)

9.00 The Five-Star Weekend

7.55 **The Gilded Age** *Heads Have Rolled for Less:* 6/9. As George fights to protect his public image, Agnes' status quo is disrupted, and Armstrong intensifies her campaign against Peggy. (S1)

9.00 NEW SERIES **The Five-Star Weekend** *Friday – Arrivals:* 1/8. Drama. *See feature, page 8.* ■ Entire series on Box Sets

10.00 **The Five-Star Weekend** New episode *Friday Night – Pyjama Dance Party:* 2/8. Gigi's secret weighs heavily on Hollis. (S1)
11.00 **All Her Fault** 1/8. (S1)
12.00 M'T **DTF St Louis** 4/7. Clark ramps up his support for Floyd. **1.00** AM 5/7. Floyd confronts Clark about the affair. (S1)
2.00 **Succession** 7&8/10. (S4)
4.30 **Sort Of** 7/8. (S1)
5.00 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.25 **Georgia and Tommy: Baby Steps** Reality series.
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Salt...**
11.15 **Real Housewives of Orange...**
12.10 PM **Dinner Date**
1.10 **Supermarket Sweep**
2.10 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** New edition
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

6.00 Celebrity Catchphrase

7.00 **The Floor USA** New edition Contestants test their knowledge of pasta, crayon colours, hunting and camping.

8.00 **The 1% Club Valentine's Special** Lee Mack hosts a romantic edition of the quiz in which couples and singles play to find love.

9.00 **Love Island** New edition Relationship-based reality show in which singletons seeking romance compete in the hope of finding love.

10.05 **Love Island: The Debrief** New edition Companion show to the reality series.
10.35 **Family Guy** 30/30. Stewie sees his future self. (S4)
11.05 **Family Guy** 25/30. Brian's gay cousin announces that he is getting married, but Mayor West bans gay marriages. (S4)
11.35 **American Dad!** (S5&4)
12.35 AM **Bob's Burgers** (S14)
1.30 **Deal or No Deal**
2.25 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.20 **Heartbeat** Double bill.
1.30 PM **Midsomer Murders** *Death of the Small Coppers:* A mysterious club for geniuses is investigated after one of their members is murdered.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Not So Special:* The police investigate a hate campaign against a woman.

8.00 Vera

6.55 **Heartbeat** *The Long Weekend:* Mike's niece pays a visit and proves to be a typical teenager by getting up to mischief.

8.00 **Vera** *Death of a Family Man:* DCI Stanhope investigates the death of a businessman who was working as an informant for HM Revenue and Customs offering information on his own company. Guest stars Robert Glenister.

10.00 **Murder in Provence** *Death at Château de Bremont:* 2/3. Marine helps Antoine and Helene investigate a murder. (S1)
11.50 **Trial & Retribution** 1/2. Walker investigates the discovery of a young woman's skeleton. (S5)
1.55 AM **George and Mildred** 1/7. George seeks solace when his budgie dies. (S2)
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.05 **Dempsey and Makepeace**
9.10 **Boon**
10.15 **The Champions**
11.20 **BattleBots**
12.25 PM **Magnum, PI**
2.35 **Dempsey and Makepeace**
3.45 **Boon**
4.50 **The Champions** *The Body Snatchers:* A top Pentagon official is discovered dead.
5.55 **Minder** *The Dessert Song:* Arthur and Terry become involved in the battle for a Greek restaurant.

11.10 Berlin Station

7.00 **River Monsters** A violent attack in a remote Mongolian river. **7.30** The rivers of India's Himalayan region.

8.00 **Sharpe** *Sharpe's Justice:* 2/3. The soldier is assigned to restore peace in the north of England, where the aristocracy's high-handed ways have led to talk of rebellion. (S5)

10.10 **The Motorbike Show** Henry Cole enters his first ever motorbike race and trains with British racer Chris Walker.
11.10 **Berlin Station** Series finale 10/10. Berlin Station acts alone in their final push. (S3)
12.10 AM **Hell's Kitchen**
1.10 **Minder**
2.05 **The Champions**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Hidden Lives** Peter Ross explores the Clavie fire festival in Burghead on the Moray coast.
8.00 **Beechgrove Garden** New edition Brian Cunningham reviews the wild flower beds he sowed in April.
8.30 **Scotland's Greatest Escape** Two friends try out waterfront getaways.
9.00 **Greetings from Scotland** 2/2. Two events that transformed Scottish tourism in 1995.
10.00 **Scot Squad** 4/5. PC Charlie McIntosh and PC Jane Mackay work undercover. (S3)
10.30 **Des Doesn't Do... Singing** 1/4. Comedian Des Clarke learns what it takes to be a singer.
11.00 PM **to 12.00** M'T **Being Stanley Baxter**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **Breeders** 7&8/10. (S3)
10.05 **Upright** 5&6/8. (S1)
11.15 **Will & Grace** (S6)
12.15 PM **The Comeback** (S3)
1.30 **Upright** 5&6/8. (S1)
2.45 **Will & Grace** (S5)
3.45 **Hacks** 7&8/8. (S2)
5.00 **Community** (S5&6)
6.00 **Will & Grace** (S6)
7.00 **The Office (US)** 14/25. Michael is distraught over Dwight's resignation. **7.35** 15/25. Michael invites a stripper to a wedding shower. (S3)
8.00 **Breeders** 7/10. Luke and Jacob reunite. **8.25** 8/10. Paul takes his parents on a daytrip to the countryside. (S3)
9.00 **Chris Ramsey: Live from London** Stand-up.
10.00 **Hacks** 7&8/8. (S2)
11.20 **Breeders** 7&8/10. (S3)
12.30 AM **Community** (S5)
1.30 **The Comeback** (S3)
2.50 **Upright** 3&4/8. (S1)
4.00 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Resonance**
6.30 **Classic Quadrophenia**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Classic Movies**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **Discovering**
4.00 **From the Vaults**
5.00 **Portrait Artist 2020**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Discovering**
9.00 **Laurel and Hardy: Their Lives and Magic**
10.45 **The Lot of Fun: Where the Movies Learned to Laugh**
11.45 **The Directors**
12.45 AM **Cleo Laine**
1.45 **Laurie Lee: The Lost Interview**
2.45 **Accelerate or Die!**
4.00 **The Art of the Garden**
5.00 **to 6.00** AM **Classic Movies**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Border Patrol**
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 10/26. (S5)
5.00 **Stargate SG-1** (S7)
6.00 **Stargate Universe** (S1)
7.00 **Star Trek: The Next Generation** 11/26. (S4)
8.00 **Police 24/7**
9.00 **Black Widow** The police execute a warrant for Dena Thompson's arrest.
10.00 **Britain's Most Evil Killers** Danville Neil.
11.00 **Star Trek: Enterprise**
12.00 M'T **Warehouse 13** (S5)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **Who Wants to Be a Millionaire?** Quiz show.
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal**
6.00 **Lingo** A couple, two neighbours and a pair of friends take part. **7.00** Duos from Bognor Regis, Reading and Wales take part in the quiz. **8.00** Three pairs from London, Liverpool and Bolton take part.
9.00 **Who Wants to Be a Millionaire?** Big-prize quiz show hosted by Jeremy Clarkson.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** A team of five answer questions about top 10 lists.
1.50 **Ridiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Dover 24/7: Britain's Busiest Port** Border Force officers discover young women being smuggled into the UK.
8.00 FILM **Mrs Harris Goes to Paris** Comedy drama starring Lesley Manville and Isabelle Huppert. (2022, PG, 115min) ★★★★
10.20 **Super Surgeons: A Chance at Life**
11.20 **Emergency Helicopter Medics** Documentary.
12.20 AM **Secrets of the Celebrity Sex Tapes**
1.20 **Celebrity Gogglebox**
2.20 **Gogglebox**
3.20 **The Great Celebrity Bake Off for SU2C**
4.20 **to 4.50** AM **Devon and Cornwall**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S3)
2.00 **SurrealEstate** 9/10. (S2)
3.00 **Warehouse 13** 9/13. (S1)
4.00 **Stargate SG-1** 9/22. (S7)
5.00 **Star Trek: Voyager** 3/26. B'Elanna Torres embarks on a dangerous quest following a near-death experience. (S6)
6.00 **Star Trek: Enterprise** 26/26. The crew venture into a dangerous unknown zone. (S2)

11.00 The Walking Dead

7.00 **Stargate Atlantis** *Echoes:* 12/20. Dr Beckett is puzzled by the sudden disappearance of a medical team. (S3)

8.00 **Stargate SG-1** *Avenger 2.0:* 9/22. Carter helps Dr Felger develop a computer program to gain control of all gates. (S7)

9.00 **From** *The Calm Before:* 9/10. The residents of the town stand at a crossroads unlike any they've faced before. (S4)

10.00 **Grimm** *Eve of Destruction:* 7/22. Nick and his comrades are shocked when Juliette returns in the form of Eve. (S5)
11.00 **The Walking Dead** 13/16. Some of Rick's fellow survivors are taken hostage by vicious new rivals. (S6)
12.00 M'T **SurrealEstate** 9/10. Susan is found. (S2)
1.00 AM **Warehouse 13** 9/13. (S1)
2.00 **The Walking Dead** (S6)
3.00 **From** As shown at 9.00pm.
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S5)
9.00 **Shakespeare & Hathaway: Private Investigators** (S1)
10.00 **The Mentalist** 24/24. (S4)
11.00 **Hudson & Rex** 17/20. (S5)
12.00 NOON **Unforgettable** (S4)
1.00 PM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries** (S5)
4.00 **The Mentalist** 24/24. (S4)
5.00 **Hudson & Rex** 17/20. (S5)
6.00 **Shakespeare & Hathaway: Private Investigators** 4/10. Frank and Lu investigate when a woman dies in a magic trick gone gruesomely wrong. (S1)

8.00 Death in Paradise

7.00 **Private Eyes** *The Devil's Playground:* 4/10. An attempted murder sends Shade and Angie to the Toronto Islands. (S1)

8.00 **Death in Paradise** *Music to My Ears:* 5/9. Part one of two. A concert pianist is shot dead during an apparent burglary. (S10)

9.00 **Death in Paradise** *A Murder Forewarned – Part One:* 6/8. The team investigate the murder of a water taxi driver. (S12)

10.00 **Father Brown** *The Show Must Go On:* The latest production by Kembleford Players proves dramatic in more ways than one.
11.00 **Private Eyes** As 7.00pm.
12.00 M'T **Father Brown** *The Hangman's Demise:* The priest investigates the murder of a former hangman.
1.00 AM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries** (S5)
3.00 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
8.40 **The Green Green Grass**
9.20 **Are You Being Served?**
10.00 **Last of the Summer Wine**
11.20 **Red Dwarf**
12.35 PM **Keeping Up Appearances**
1.15 **Dad's Army**
1.55 **Open All Hours**
2.35 **The Green Green Grass**
3.15 **Are You Being Served?**
3.55 **Dad's Army**
4.40 **Keeping Up Appearances**
5.20 **Last of the Summer Wine**
6.40 **Red Dwarf**

11.15 Mrs Brown's Boys

7.20 **Red Dwarf** The ship's generator breaks down, sending the crew into a blind panic as they try to locate the engine room.

8.00 **Keeping Up Appearances** Rose behaves outrageously.
8.40 **Dad's Army** The Home Guard plan to re-enact the battle between St George and the dragon.
9.20 **Not Going Out** Lucy announces that she plans to marry a mechanic.

10.00 **Red Dwarf** Lister finds that for some inexplicable reason he misses Rimmer. **10.35** The crew visit *Pride and Prejudice* world.
11.15 **Mrs Brown's Boys** Agnes's children begin to suspect that one of them is adopted.
11.55 **Not Going Out**
12.35 AM **Red Dwarf**
1.10 **Mrs Brown's Boys**
1.50 **to 4.00** AM **The Power of Parker**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Pointless** Quiz show.
8.20 **Border Force: America's Gatekeepers** Double bill.
10.15 **Rick Stein's Mediterranean Escapes** Double bill.
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Turkey with Simon Reeve**
4.00 **The Hairy Bikers: Mums Know Best** A traditional picnic.
5.00 **Rick Stein's Mediterranean Escapes** Rick visits Sardinia. **6.00** The chef heads to the fish market in Catania, Sicily.

10.00 Have I Got a Bit More...

7.00 **Mortimer & Whitehouse: Gone Fishing** A pike lake in Dumfries and Galloway.
7.40 **Would I Lie to You?** With Christine Bleakley, Kelvin MacKenzie, Frankie Boyle and Jack Whitehall. **8.20** With Dave Gorman, Omid Djalili, Davina McCall and Janet Street-Porter.

9.00 **QI XL** Host Sandi Toksvig goes to University, with panellists Joe Lycett, Morgana Robinson, Guz Khan and Alan Davies.

10.00 **Have I Got a Bit More News for You** Steph McGovern hosts, with guests Ash Sarkar and Josh Widdicombe.
11.00 **8 Out of 10 Cats: Best Bits** A look back at highlights from the comedy panel show.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **QI XL** With Josh Pugh.
3.00 **to 4.00** AM **8 Out of 10 Cats: Best Bits**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.25 AM **The Bill**
8.15 **Doctors**
9.35 **Classic Holby City**
10.55 **Casualty**
11.55 **The Bill**
1.00 PM **Classic EastEnders**
2.20 **Tenko Reunion**
3.25 **Pie in the Sky**
4.25 **Lovejoy**
5.25 **Waiting for God**
6.00 **Last of the Summer Wine** Howard takes Pearl and Marina out to dinner. **6.40** A rumour abounds that aliens have landed.

8.00 The Marlow Murder Club

7.20 **Last of the Summer Wine** Howard struggles to hide his new bike from Pearl, and Clegg manages to make things worse.

8.00 **The Marlow Murder Club** 2/2. Judith, Becks and Suzie are brought in to help with the police investigation and uncover a connection between the murders, but it remains to be seen if they can they stop the killer before they strike again. (S1)

10.00 **New Tricks** *Life Expectancy:* A bloodstained bust is found during construction work in a cemetery.
11.00 **Silent Witness** *Squaring the Circle:* A nanny working for a Russian oligarch is killed in a botched assassination attempt. With Lauren O'Neil.
1.15 AM **Lovejoy**
2.15 **Waiting for God**
2.55 **to 4.00** AM **Harry Wild**

+1 hour 243 316 60 260

Thursday

7 PM

8 PM

9 PM

10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 1-3/22. (S20)
11.55 **Law & Order** (S2&3)
6.00 PM **NCIS** *Butterfly Effect:* 16/22. Knight's father deals with a health scare while in Japan. **7.00** *Stranger in a Strange Land:* 17/22. A Marine appears to have been killed for helping a refugee. **8.00** *Head Games:* 18/22. A Navy lieutenant is accused of trying to kill her husband. (S20)
9.00 **Blue Bloods** *Guardian Angels:* 11/16. The transgender community come under attack. (S11)
10.00 **Law & Order: Special Victims Unit** *Valentine's Day:* 18/23. A man's wife is raped and abducted from her home. (S13)
11.00 **Law & Order: Special Victims Unit** (S13)
2.00 AM **NCIS: Hawaii** (S3)
3.00 **to 3.55** AM **Wild Cards**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** A two-year-old girl is brought in with dangerously low blood sugar levels.
9.00 **A&E After Dark**
10.00 **Ambulance: Code Red**
11.00 **Skin A&E**
12.00 M'T **Plastic Surgery Knifemares**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Skin A&E**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Winter Road Rescue** Documentary.
9.35 **Police Interceptors**
10.35 **Gunsmoke** (S12)
11.35 **FILM Stagecoach** Western. (1939, b/w, U, 99min) ★★★★★
1.45 PM **FILM Chisum** Western starring John Wayne and Ben Johnson. (1970, PG, 110min) ★★
4.00 **The Motorway**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Timber Titans** New edition The crew race to prep logs for a new heavy lift helicopter.
11.00 **The X-Files** 22/24. (S4)
12.00 M'T **Shoplifters: Caught Red Handed**
1.00 AM **Outback Truckers**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **The Supervet**
6.00 **DIY SOS: The Big Build**
8.00 **NEW SERIES Property Brothers: Under Pressure** Drew and Jonathan Scott assist home buyers making their purchase. ■ Entire series on U
9.00 **DIY SOS: The Big Build** Transforming a Dartford home for a 13-year-old with cerebral palsy. **10.00** Extensive adaptations to a two-bedroom bungalow.
11.00 **Nurses on the Ward**
1.00 AM **Amanda & Alan's Italian Job**
1.45 **Death at the Mansion: Rebecca Zahau**
2.30 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering**
8.00 **Bangers & Cash**
10.00 **Churchill's Toyshop**
11.00 **The Great War in Numbers** Documentary.
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Churchill's Toyshop**
5.00 **The Great War in Numbers** Documentary.
6.00 **Antiques Roadshow**
7.00 **Planet Earth III** Life in the world's many deserts and grasslands.
8.00 **Bangers & Cash**
10.00 **To End All War: Oppenheimer and the Atomic Bomb** The true story of physicist J Robert Oppenheimer.
11.55 **Bangers & Cash**
12.55 AM **Find It, Fix It, Flog It**
1.55 **to 3.00** AM **Robson Green's Weekend Escapes**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** Northumbria.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **The Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House** Childhood toys and a coin collection.
8.00 **Antiques Road Trip** Anita Manning meets inspirational Land Girls.
9.00 **The Bad Skin Clinic** A man with a grapefruit-sized lump on his back. **10.00** A man whose body is covered with hundreds of tumours.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

THURSDAY Entertainment

Thursday

Great! TV
157 167 170 34 32

8.00 AM **The Waltons** (S4)
9.00 **Doctor Finlay** 5/6. (S2)
10.00 **Hamish Macbeth** (S1)
11.00 **Little House on the Prairie** 7&8/25. (S1)
1.00 PM **The Waltons** (S4)
4.00 **Little House on the Prairie** 7&8/25. (S1)
6.00 **Hamish Macbeth** (S1)
7.00 **M*A*S*H** 21/26. The unit must evacuate the camp. **7.30** 22/26. Colonel Flagg spies on Hawkeye. **8.00** 23/26. Hawkeye takes drastic action. **8.30** 24/26. The medics stay at Rosie's Bar. (S7)
9.00 FILM **Carry On Sergeant** Comedy with William Hartnell and Bob Monkhouse. (1958, b/w, U, 83min) ★★★
10.55 **Robin's Nest** (S1)
11.55 **M*A*S*H** 21-24/26. (S7)
1.55 AM **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action
318 317 426 42 33

9.10 AM FILM **The Last Days of Frank and Jesse James** Western. (1985, PG, 99min) ★★★★
11.30 **Tombstone Territory**
12.00 NOON **The High Chaparral** Double bill.
2.00 PM **Wanted: Dead or Alive** 30/26. (S1)
2.30 FILM **Major Dundee** Civil War western. (1964, PG, 117min) ★★★
5.05 FILM **Stonados** Thriller. (2013, PG, 90min) ★
7.00 FILM **The Double** Thriller. (2011, 12, 94min) ★★
9.00 FILM **2 Guns** Thriller with Denzel Washington. (2013, 15, 104min) ★★★
11.20 FILM **Mercenary: Absolution** Thriller. (2015, 18, 91min) ★★
1.25 AM **Dragon Ball Super**
2.25 **Coast Guard Alaska**
3.20 FILM **Seattle Superstorm** Thriller. (2012, PG, 95min) ★★
4.45 **to 6.00** AM **Air Rescue**

+1 hour 319

Great! Mystery
320 318 425 50 48

8.10 AM FILM **The Gourmet Detective: A Healthy Place to Die** Comedy sequel. (2015, PG) ★★
10.05 **The Chronicle Mysteries: Deep End**
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S3)
2.00 **Castle** 2/23. (S4)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 3/23. (S4)
8.00 **Unforgettable** (S3)
9.00 **In Plain Sight** 6/13. (S3)
10.00 FILM **Martha's Vineyard Mysteries: Riddled with Deceit** Drama. (2020, PG, 85min) ★★
11.55 FILM **Lost Letter Mysteries: Reconcilable Differences** Thriller. (2014, 12, 87min) ★★
1.50 AM FILM **The Wrong Daughter** Thriller. (2018, 12, 89min) ★★
3.25 **to 5.00** AM FILM **Dead Lines** Crime thriller. (2010, PG, 90min) ★★

+1 hour 321

Great! Romance
322 319 424 52 47

8.15 AM FILM **A Royal Runaway Romance** Romantic comedy. (2022, PG, 84min) ★★
10.05 FILM **Flowers and Honey** Romantic drama. (2021, PG, 90min) ★★
12.05 PM FILM **Love and Sunshine** Drama. (2019, PG, 100min) ★★
2.00 FILM **Love on Safari** Drama. (2018, PG) ★★
3.55 FILM **Love Blossoms** Drama. (2017, PG) ★★
5.50 FILM **A Paris Proposal** Comedy. (2023, PG) ★★
7.45 FILM **The Movie Star and the Cowboy** Drama. (2023, PG, 92min) ★★
9.45 FILM **Date with Love** Comedy. (2016, U) ★★
11.40 FILM **To England, with Love** Romantic comedy. (2023, PG, 89min) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Love on Safari** Drama. (2018, PG, 84min) ★★

+1 hour 323

Together TV
170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** From Somerset.
1.00 PM **Celebrity Coach Trip** From Portugal.
2.00 **Case Sensitive**
3.00 **Garden Rescue**
4.00 **Robson Green's Weekend Escapes**
4.45 **This Farming Life**
6.00 **Celebrity Coach Trip**
7.00 **Love Your Garden**
8.00 **Garden Rescue**
9.00 **Case Sensitive** 2/2. Ruth admits she was with Jason but insists she did not kill him.
10.00 FILM **Intimate Games** Erotic comedy starring George Baker. (1976, 18, 90min) ★★
12.00 M'T FILM **Adventures of a Taxi Driver** Comedy. (1976, 18, 86min) ★
2.00 AM **Case Sensitive**
3.00 **This Farming Life**
4.15 **to 5.00** AM **Robson Green's Weekend Escapes**

Rewind TV
182 81 164 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Doctor in Charge**
10.30 **Mother's Ruin** (S1)
11.00 **The Fenn Street Gang**
11.30 **Hallelujah** 1/7. (S1)
12.00 NOON **Man in a Suitcase**
1.00 PM **Agony** 1/7. (S2)
1.30 **The Gaffer** 3/7. (S3)
2.00 **Second Thoughts** (S2)
2.30 **The Fenn Street Gang**
3.00 **Hallelujah** (S1)
3.30 **Boon** 5/13. (S5)
4.30 **Old Country** (S1)
5.00 **Stereo Underground**
6.00 **The Gaffer** 3/7. (S3)
6.30 **Only When I Laugh**
7.00 **Mother's Ruin**
7.30 **Doctor in Charge**
8.00 **Man in a Suitcase**
9.00 **Drop the Dead Donkey**
10.00 FILM **Secrets of Sex** Comedy. (1970, 18) ★★
11.50 FILM **Game Show Models** Erotic comedy. (1977, 18, 88min) ★★
1.40 AM **Stereo Underground**
2.40 **to 6.00** AM **Highlights**

DMAX
159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Extinct or Alive**
10.00 **Deadliest Catch**
12.00 NOON **The Alaska Triangle** Documentary.
1.00 PM **Expedition Unknown: Hunt for the Yeti** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Captain Keith eagerly repositions his pots when Johnathan makes an offer he can't refuse. **8.00** The safety of Bob's operation is jeopardised after a major collision.
9.00 **Expedition X**
10.00 **Expedition Files**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network
144 152 168 43 148 39

6.00 AM **Jamie's 5 Ingredient Mediterranean Meals**
7.00 **Hairy Bikers' Mississippi Adventure**
8.00 **Delicious Miss Brown**
9.00 **Jamie's Easy Meals for Every Day**
10.00 **Barefoot Contessa**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin's Mediterranean**
3.00 **Hairy Bikers' Mississippi Adventure**
4.00 **The Pioneer Woman**
6.00 **Barefoot Contessa**
7.00 **The Great British Bake Off** Double bill.
9.00 **Michel Roux's French Country Cooking** From Southern France.
10.00 **Nigel Slater's Simple Suppers** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 17/28. (S1)
9.00 **T.J. Hooker** 12/19. (S5)
10.00 **Babylon 5** 5/22. (S2)
11.00 FILM **Global Meltdown** Thriller with Michael Paré. (2017, PG, 105min) ★
1.00 PM FILM **Western World** Western. (2017, 12, 78min) ★★
2.30 FILM **Gold** Adventure. (1974, 12, 124min) ★★
5.00 **Star Trek** 19/24. (S3)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 6/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 FILM **D-Tox** Thriller with Sylvester Stallone. (2002, 18, 96min) ★★★
11.00 FILM **Hitman** Thriller with Timothy Olyphant. (2007, 15, 100min) ★★★
12.55 AM FILM **Commandos** World War Two adventure starring Lee Van Cleef. (1968, 18, 112min) ★★
2.55 **to 4.50** AM FILM **Edge of the World** Adventure. (2021, 15, 104min) ★★

Legend Xtra
316 316 171 69 138 51

9.00 AM FILM **Warbirds** Drama. (2008, 15) ★★
11.00 **Andromeda** 20/22. (S3)
12.00 NOON FILM **Mega Shark vs Kolossus** Thriller. (2015, 12, 90min) ★
2.00 PM FILM **A Study in Terror** Mystery thriller. (1965, 15, 91min) ★★★
4.00 **Walker, Texas Ranger**
5.00 FILM **Meteor Apocalypse** Adventure. (2010, 15, 90min) ★
7.00 **Andromeda** 21/22. (S3)
8.00 **The A-Team** 16/23. (S2)
9.00 FILM **Highlander III: The Final Dimension** Fantasy sequel starring Christopher Lambert. (1995, 15, 99min) ★★
11.05 FILM **The Quick and the Dead** Western. (1995, 15, 108min) ★★★
1.15 AM FILM **Highlander III: The Final Dimension**
3.15 FILM **Meteor Apocalypse** As 5.00pm.
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze
156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From north Wales.
6.45 **Pawn Stars**
7.30 **Money for Nothing**
8.25 **Container Wars**
9.20 **Hardcore Pawn**
1.05 PM **Pawn Stars**
2.05 **Money for Nothing**
3.05 **Container Wars**
4.05 **Ancient Aliens**
5.00 **UFO Chronicles**
6.00 **Storage Wars Canada**
7.00 **Money for Nothing**
8.00 **Dickinson's Real Deal**
9.00 **We Are Not Alone** New edition A South Yorkshire man's close encounter leaves behind disturbing physical traces.
10.00 **UFO POV**
11.00 **The Curse of Oak Island** Double bill.
1.00 AM **UFO Chronicles**
2.00 **Mysteries from Above**
3.00 **Container Wars**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
11.00 **Ben Fogle: New Lives in the Wild** Norway.
12.00 NOON **All Creatures Great and Small Christmas Special** (S2)
1.05 PM **Murder, She Wrote**
3.05 **Columbo**
5.00 **Coastal Adventures with Helen, Jules & JB**
6.00 **Great British Bike Rides**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **PD James: An Unsuitable Job for a Woman** *A Last Embrace – Part Three:* Cordelia finds herself conflicted.
10.05 **The Good Ship Murder** *Crete*: 4/8. In Crete, a photographer is murdered at the scene of a past shoot. (S3)
11.05 **Prisoner: Cell Block H**
1.10 AM **Murder, She Wrote**
3.10 **to 4.00** AM **Coastal Adventures with Helen, Jules & JB**

Challenge
130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **Who Wants to Be a Millionaire? Valentine's Special – Part One**
5.00 **The Bidding Room**
6.00 **Tenable** Game show.
7.00 **Beat the Chasers** Quiz hosted by Bradley Walsh.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** Guests AJ Pritchard, Hollie Arnold, Giovanna Fletcher and Russell Watson take part.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase**
2.00 **The Celebrity Chase**
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC
133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.00** 21/24. Raj tries to take the credit for Penny's discovery. **8.30** 22/24. Sheldon goes to Las Vegas to make some money. (S11)
9.00 FILM **Beverly Hills Cop** Comedy starring Eddie Murphy as a police detective investigating a friend's murder. (1984, 15, 105min) ★★★★
11.00 **Unacceptable**
12.00 M'T **Mike & Molly**
1.00 AM **Dr Pimple Popper**
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central
112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Show** Variety show.
9.00 **Everybody Loves Raymond** 15-18/25. (S2)
11.00 **The Upper Hand**
1.00 PM **Friends** (S5)
7.00 **Friends** 20/24. The guys ride in a police car. **7.30** 21/24. Phoebe learns Gary plans to ask her to move in with him. **8.00** 22/24. Joey gets a shock in Las Vegas. **8.30** 23/24. Part one of two. The pals pay a visit to Las Vegas. (S5)
9.00 **Iain Stirling's Roast the Internet**
10.00 **Stupid Central**
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **Most Ridiculous**
1.00 AM **South Park** (S5&6)
3.00 **Dara O Briain: Craic Dealer** Stand-up show.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154

6.00 AM **Everybody Loves Raymond** 11 & 12/25. (S2)
6.50 **Rosie Jones Tries to Help** Catherine Bohart.
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Show** As 7.00pm.
11.00 **Friends** 3-6/25. (S3)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** 13-16/25. (S2)
7.00 **Michael McIntyre's Big Show** With Ed Balls and Emeli Sandé.
8.00 **The Upper Hand** (S3)
9.00 **Friends** (S4&5)
1.00 AM **8 Out of 10 Cats: Best Bits** Compilation.
1.50 **Michael McIntyre's Big Show** As 7.00pm.
2.50 **Most Ridiculous**
3.35 **Impractical Jokers**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV
171 150 56 42

8.00 AM **Highlights**
10.10 **Bread** 3/14. (S6)
10.50 **Steptoe and Son** (S8)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S4)
12.35 **Man About the House**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 9/15. Drama. (S3)
2.45 **Minder** 4/13. (S3)
3.50 **Just Good Friends**
4.25 **Man About the House**
4.55 **Bread** 3/14. (S6)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.10 **Rising Damp** 7/7. (S3)
6.45 **Steptoe and Son** (S8)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 12/13. (S9)
9.00 **Benidorm** 6/7. (S5)
10.00 **Shameless** 7/8. (S4)
10.55 **Man About the House**
11.25 **Mind Your Language**
11.55 **Benidorm** 6/7. (S5)
12.55 AM **Minder** 8/13. (S3)
2.00 **Duty Free** 1/7. (S2)
2.25 **to 5.00** AM **Highlights**

MTV
126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
11.00 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: The TV Show** Four editions.
4.00 PM **Judge Judy**
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Rich Kids Go Skint**
8.00 **Judge Judy** Real-life small-claims cases.
8.30 **MTV Cribs** With DJ and producer Tom Zanetti.
9.00 **Skin A&E** A patient with a 'secret on her back'.
10.00 **Jersey Shore Family Vacation** New edition Angelina decides to spark up an old flame.
11.00 **Geordie Shore**
12.00 M'T **Ink Master: Angels**
1.00 AM **Ink Master**
2.00 **Ink Master: Revenge**
2.45 **Ink Master Redemption**
3.35 **to 4.00** AM **Just Tattoo of Us USA**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush: White Water**
11.00 **Buying Alaska** Four editions.
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of the series.
3.00 **How It's Made** Four editions of the series, including at: **4.30** Decorative mouldings, commercial pulleys and hoses.
5.00 **Alaska: Homestead Rescue** Marty moves a failing cabin onto a flood-proof foundation. **6.00** A treehouse cabin on the verge of collapse in Missouri.

9.00 Naked and Afraid: Global...

7.00 **Shorty's Dream Shop** Shorty's friend Monty wants to rebuild the car of his youth, an Ember Glow 1955 DeSoto.

8.00 **Shorty's Dream Shop** Shorty tries to match the Ember Glow hemi's original colour, and the crew work on the interior.

9.00 **Naked and Afraid: Global Showdown** New edition The first elimination puts a legend on the chopping block, while a primitive bow challenge pushes bushcraft skills and partnerships to their breaking point.

11.00 **The Alaska Triangle** A cryptozoologist hunts for scientific proof of Bigfoot.
12.00 M'T **Deadliest Catch**
1.00 AM **Naked and Afraid: Global Showdown**
3.00 **Edge of Alaska**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Bad Dog!** A swearing parrot.
10.00 **Tanked** An exotic fish tank.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Two cats intent on destroying their home. **4.00** Jackson Galaxy deals with a bullying feline.
5.00 **Lone Star Law** The work of the Texas Game Wardens.
6.00 **Dr Jeff: Rocky Mountain Vet** Jeff visits a free clinic and helps a dog that was hit by a car.

6.00 Dr Jeff

7.00 **Treehouse Masters** Pete Nelson creates an off-the-grid escape that is all about peace, love, and treehouses.

8.00 **Richard E Grant's Seven Deadly Sins** The actor explores the evolutionary roots of lust.

9.00 **Alaska: The Last Frontier** With predators closing in, Otto creates a calf caboose for his spring cattle drive at the bay.

10.00 **Alaskan Bush People: Bushcraft Chronicles** The Browntown residents discuss some of their most innovative shelters.

11.00 **The Haunted** A mother is sceptical about her kid's tales.
12.00 M'T **Crikey! It's the Irwins** Robert sets out to save a stranded platypus.
1.00 AM **Dog Detectives**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Engineering Europe: Forging Marvels** Series highlights.
11.00 **Car S.O.S** A Honda CR-X.
12.00 NOON **Disaster Autopsy**
1.00 PM **Air Crash Investigation**
2.00 **World War II: Secrets from Above** Double bill of editions.
4.00 **Strangest Things** A crystal skull in the British Museum.
5.00 **Buried Secrets of the Gold Rush: Drain the Oceans** The ships used in the Gold Rush.
6.00 **World War II: Secrets from Above** Stalingrad's frontline.

4.00 Strangest Things

7.00 **Air Crash Investigation** Examining dashcam footage to discover why a plane clipped an elevated highway before crashing.

8.00 **Car S.O.S** Tim Shaw and Fuzz Townshend enlist the aid of Joanna Lumley to rescue a Frogeye Sprite that is falling apart.

9.00 **Car S.O.S** Tim Shaw and Fuzz Townshend take on a Mercedes SLK, but this stylish roadster hides major some mysteries.

10.00 **Car S.O.S** Tim Shaw and Fuzz Townshend tackle their first motorbike, a 1973 Triumph Bonneville.

11.00 **Air Crash Investigation** A cargo flight from Edinburgh loses its engines after takeoff.
12.00 M'T **Border Protection Spain** Three patrol boats round up tobacco smugglers.
1.00 AM **To Catch a Smuggler**
2.30 **Primal Survivor**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

Sky History

123/124 115/116 131 353 368

6.00 AM **Curse of Skinwalker Ranch** Documentary.
6.30 **Storage Hunters**
9.15 **Pawn Stars** A derringer.
10.10 **Storage Wars** Four editions.
12.00 NOON **Dictators' Hideouts**
2.00 PM **Pawn Stars** Four editions of the series, including at: **5.00** A seller comes in with an overcoat once owned by Lee Harvey Oswald.
6.00 **American Pickers** Brothers Mike and Robbie Wolfe head to Pennsylvania, where they enjoy a dizzying joyride.

6.00 American Pickers

7.00 **Forged in Fire** The two final competitors re-create one of the most intricate weapons in history – the steel crossbow.

8.00 **Britain's Lost Battlefields with Rob Bell** The presenter visits the site of the final battle of the Wars of the Roses.

9.00 **Royal Kill List** 1/3. Drama-documentary following Charles II's hunt for his father's killers, known as regicides.

10.00 **Royal Kill List** 2/3. Charles II faces a backlash for his treatment of the regicides, so he cracks down on dissenters.

11.00 **Royal Kill List** 3/3. Charles II dispatches assassins to Europe in an attempt to stamp his power abroad.
12.00 M'T **Secrets in the Dark** The oldest-known prosthetic eye, which is made of gold. **12.55** AM A look at the fate of Pharaoh Ramses III.
1.50 **Pawn Stars** Four editions.
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Eighties**
7.00 **Discovering: Joseph Cotten**
8.00 **The Directors**
9.00 **The Man Who Bought Cricket** 2/3. Documentary.
10.00 **The Civil War**
11.05 **History of the Sitcom**
12.00 NOON **JFK Revisited: Through the Looking Glass**
2.15 PM **FILM When We Were Kings** Boxing documentary. (1996, PG, 87min) ★★★★★
4.00 **The Directors**
5.00 **Discovering: Joseph Cotten**
6.00 **Spitfire** Documentary.

8.00 The Alpinist

Spitfire (started at 6.00pm)

8.00 **FILM The Alpinist** Documentary about elusive Canadian climber Marc-André Leclerc, who has made some of the boldest solo ascents in history. (2021, 12, 92min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **My Icon: Leon Pryce**

10.00 **Boyzone: No Matter What** 2/3. Charting the band's growing success with their first number one single.

11.00 **Mr Dynamite: The Rise of James Brown** The life and career of the singer, musician and producer.
1.10 AM **Look Away** Women groomed in their early teenage years by rock stars.
3.00 **Wild Wild Space**
4.50 **My Icon: Shaun Gayle**
5.00 **to 6.00** AM **Discovering: Joseph Cotten**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Crystal Hunters** Double bill.
1.00 PM **Ant Anstead: Born Mechanic**
2.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House**
6.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip**
8.00 **Shed and Buried**
10.00 **The Repair Shop** Items being restored include a silver saxophone, a stained-glass window panel and a music box.
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Disappeared**
11.00 **Judge Rinder's Crime Stories** A diamond theft.
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Nurses Who Kill**
4.00 **American Monster**
6.00 **Evil Lives Here**
7.00 **Judge Rinder's Crime Stories** Gary Nelson.
8.00 **Murder on CCTV**
9.00 NEW SERIES **Lethally Blonde** A dancer disappears and her torso washes ashore.
10.00 **Lethally Blonde** A model's life unravels with tragic consequences.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** The case of Kylie Dembrey.
8.00 **UK Crime Files: Murder of the Secret Millionaire** The story of a murdered millionaire in Hammersmith.
9.00 **UK Crime Files: The Seaside Strangler** A look at the case of Stephen Akinmurele.
10.00 **Britain's Countryside Killers** New edition The story of Philip Croydon.
11.00 **Secrets of a Murder Detective** True-crime.
12.00 M'T **UK Crime Files: Murder of the Secret Millionaire** As 8.00pm.
1.00 AM **UK Crime Files: The Seaside Strangler**
2.00 **Britain's Countryside Killers** As 10.00pm.
3.00 **Murder UK**
4.00 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: The Shoe Rapist**
9.55 **UK Crime Files: The Lonely Killer**
10.45 **Teleshopping**
11.00 **Secrets of a Murder Detective** True-crime.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: The Body in the Suitcase**
3.00 **UK Crime Files: The Murder of an Author**
4.00 **Secrets of a Murder Detective** True-crime.
5.00 **Medical Detectives** There is a break in a 20 year old murder case. **5.30** A sex offender and murderer attacks. **6.00** A house fire kills the only doctor in a town. **6.30** A 77-year-old on a road trip is shot to death.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Cops**
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Caught on Dashcam**
12.00 NOON **Killer in My Village** Nyle Corrigan.
1.00 PM **Murdered at First Sight** True-crime.
2.00 **World's Most Evil Killers**
3.00 **Killing Mum and Dad**
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Catching the Killer**
10.00 **Killer in My Village**
11.00 **How I Caught the Killer**
12.00 M'T **World's Most Evil Killers** True-crime.
1.00 AM **Catching the Killer**
2.00 **Murdered at First Sight**
3.00 **Caribbean Cops**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered**
8.35 **Treasures Decoded**
9.40 **Edwardian Britain in Colour** A new tram.
10.40 **Silent War: The Shadow of Atomic Bombs**
11.55 **The War** Documentary.
1.00 PM **Weathered**
1.35 **Treasures Decoded**
2.35 **Edwardian Britain in Colour** A new tram.
3.35 **Silent War: The Shadow of Atomic Bombs**
4.50 **The War** Documentary.
5.55 **Treasures Decoded**
6.55 **Edwardian Britain in Colour** A new tram.
7.55 **Silent War: The Shadow of Atomic Bombs** Series finale The hydrogen bomb age.
9.00 **The War** Documentary.
10.10 **Edwardian Britain in Colour** A new tram.
11.15 **Weathered**
12.00 M'T **Silent War: The Shadow of Atomic Bombs** Documentary.
1.15 **to 2.00** AM **Weathered**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Hope for Wildlife**
7.00 **Monkey Life**
8.00 **Coastal Africa**
9.00 **Great Blue Wild**
10.00 **Gladiators**
11.00 **Secrets of the Enchanted Waters** Documentary.
12.00 NOON **Australia's Hidden Islands** Documentary.
1.00 PM **Monkey Life**
2.00 **Coastal Africa**
3.00 **Great Blue Wild**
4.00 **Gladiators**
5.00 **Secrets of the Enchanted Waters** Documentary.
6.00 **Australia's Hidden Islands**
7.00 **Monkey Life** Double bill.
8.00 **Superbeast** Nature's athletes.
9.00 **Wild Science**
10.00 **Australia's Hidden Islands**
11.00 **Secrets of the Enchanted Waters** Documentary.
12.00 M'T **Land of Primates**
1.00 AM **Hope for Wildlife**
2.00 **Superbeast**
3.00 **Wild Science**
4.00 **Coastal Africa**
5.00 **to 6.00** AM **Great Blue Wild**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Life After People**
9.00 **Combat Ships**
10.00 **Secret Wars Uncovered**
11.00 **Ancient Aliens**
1.00 PM **Life After People**
6.00 **Mysteries from Above**
7.00 **UFO Hunters** Focusing on the Hudson Valley area of upstate New York, where more than 7,000 UFO sightings have been reported.
8.00 **Hell on Earth: WWII** The lifting of the siege of Leningrad after 900 days and the Battle of Normandy.
9.00 **World War II: Witness to War** Recounting how, as the war encompassed the globe, the conflict took root in Africa. Mussolini sent ill-prepared soldiers into the field, forcing Germany to come to his aid. **10.00** The men and women who fought against the Japanese in the Pacific share their stories.
11.00 **Ancient Aliens** Double bill.
1.00 AM **UFO Hunters**
2.00 **to 6.00** AM **Life After People**

Discovery Science

167 148 179

8.00 AM **NASA's Unexplained Files**
11.00 **You Have Been Warned**
1.00 PM **Richard Hammond's Big**
3.00 **Through the Wormhole with Morgan Freeman**
4.00 **How the Universe Works**
6.00 **How Do They Do It?**
9.00 **How It's Made** A look at how steel pulleys are made. **9.30** The manufacture of wood slat baskets and bells. **10.00** The development of DeLoreans and bison fibre. **10.30** An insight into how air hockey tables are made.
11.00 **How It's Made: Dream Cars** Focusing on the KTM X-Bow. **11.30** The Tesla Model S. **12.00** M'T The inner workings the Superformance MKIII. **12.30** AM The inner workings of the Koenigsegg One:1.
1.00 **Through the Wormhole with Morgan Freeman**
2.00 **How the Universe Works**
4.00 **to 6.00** AM **Secrets Underground**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Fugitive Hunters: Mexico**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Crimes That Shook Britain**
2.00 PM **Green Eyed Killers**
3.00 **Spring Break Murders**
6.00 **On the Case with Paula Zahn**
7.00 **The First 48** In Mobile, Alabama, a quick money scam ends in a double murder.
8.00 **Green Eyed Killers** A 23-year-old woman is found murdered in Florida.
9.00 **Predator Hunters** New edition A predator makes a disturbing request to a mother.
10.00 **Alaska State Troopers** New edition The officers pursue petrol thieves.
11.00 **K9 PD with Jim Belushi**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: North Carolina** Documentary.
10.00 **America's Wild Southwest**
11.00 **Fish Tank Kings**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Snakes in the City**
2.00 **Voyagers: Exploring Pacific Waters** Documentary.
3.00 **World's Weirdest**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo** A new vet joins the team, and a penguin comes to the end of its moult.
8.00 **Built to Survive** Following Phil Breslin as he ventures into Australia's notorious wetlands. **8.30** Phil journeys along Australia's cliffs and sandy flats.
9.00 **The Invaders**
10.00 **Northwoods Survival**
11.00 **Ice Road Rescue**
12.00 M'T **Alaska Animal Rescue**
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Fish Tank Kings**

Discovery History

161/172 147 181

7.00 AM **Bullet Points**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **Aliens in Alaska**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** Experts investigate dead stars.
8.00 **Bullet Points** Examining the processes of the Gulf War in 1990 and 1991, when the USA and coalition forces united to liberate Kuwait from invading Iraqi dictator Saddam Hussein.
9.00 **Ancient Unexplained Files** Uncovering the mystery behind human skulls from Chile.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Secret Nazi Bases**
1.00 PM **Secret Nazi Bases**
7.00 **Secret Nazi Bases** Scientists in Kamienna Gora work to keep the Luftwaffe flying and to build Hitler's next revenge weapon. **8.00** A vast network of Nazi bunkers buried in the Hague tells the story of the greatest battle of World War Two that never was. **9.00** Allied forces stumbled across a sprawling complex in the French countryside, but it remains a mystery what Hitler had planned for this mysterious Nazi stronghold. **10.00** A chilling discovery in the furthest reaches of Eastern Canada hints at the true depths of the Nazis' seafaring capabilities.
11.00 **Secret Nazi Bases**
5.20 **to 6.00** AM **Great British Railway Journeys** Michael travels between Taunton and Newton Abbot, joining in with a fertility dance in Stogumber.

+1hour 266 376

ID

154 140 166

8.00 AM **Crime Scene Confidential**
11.00 **Raw Terror**
12.00 NOON **Atlanta Justice**
1.00 PM **American Monster**
3.00 **Faking It: Tears of a Crime**
7.00 **Where Murder Lies** An unthinkable crime cuts short a family man's quest for a better life in Florida. To find the culprit, detectives must unravel a deadly web of deception. **8.00** A religious community mourns an elderly couple when they are murdered in their home. Investigators uncover a web of lies and wicked desires.
9.00 **Murder on CCTV** In Long Island, a college student is shot dead in a botched robbery. **10.00** When an unidentified body is found in Pierce County, detectives used CCTV footage to track down the perpetrator.
11.00 **911: Did the Killer Call?**
12.00 M'T **Signs of a Psychopath**
1.00 AM **Murder Calls**
2.00 **Faking It: Tears of a Crime**
4.00 **to 6.00** AM **Where Murder Lies**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Garage Rehab**
2.00 **Ant Anstead Master Mechanic**
3.00 **Hand Built Hot Rods**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Faster with Finnegan**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Faster with Finnegan** The guys rebuild an old mega truck.
9.00 **Outback Truckers** Alicia Waddingham transports a hazardous load on heavily corrugated roads.
10.00 **Hand Built Hot Rods**
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Faster with Finnegan**
1.00 AM **Richard Hammond's Workshop** The Cogs head to France to deliver a Rolls Royce.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

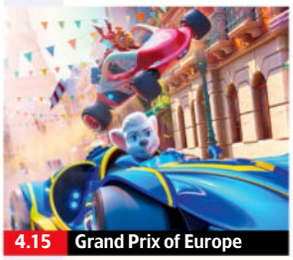
+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Mile End Kicks** Comedy. (2025, 15, 111min) ★★★★
7.55 **Wicked: For Good** As 6.00pm.
10.20 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
12.00 NOON **Bugonia** As 11.00pm.
2.05 PM **Anemone** Drama. (2025, 15, 125min) ★★★
4.15 **Grand Prix of Europe** Animation. (2025, U, 98min)
6.00 **Wicked: For Good** Fantasy. (2025, PG, 137min) ★★★



4.15 Grand Prix of Europe

8.30 **The Odyssey Special** A preview of the epic new movie from director Christopher Nolan.

9.00 **Redux Redux** Fantasy thriller starring Michaela McManus. A woman travels through parallel universes, repeatedly killing her daughter's murderer. With Stella Marcus and Jeremy Holm. (2025, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Bugonia** Comedy thriller starring Emma Stone, Jesse Plemons and Aidan Delbis. (2025, 15, 118min) ★★★★
1.05 AM **Lee Cronin's The Mummy** Supernatural horror starring Jack Reynor and Natalie Grace. (2026, 18, 134min) ★★★
3.25 **Strung** Thriller starring Chloe Bailey and Lynn Whitfield. (2026, 15, 119min)
5.30 **to 6.00** AM **The Odyssey Special** As shown at 8.30pm.

Sky Cinema Directors

303 303 403 503 517

6.25 AM **Planes, Trains and Automobiles** (1987) ★★★★★
8.00 **Ghostbusters** (1984) ★★★★
9.50 **The Phoenician Scheme** Comedy. (2025, 15) ★★★
11.35 **Caught Stealing** Comedy thriller. (2025, 15) ★★★★
1.25 PM **The Fifth Element** Fantasy. (1997, PG, 126min) ★★★★
3.35 **Vanilla Sky** (2001, 15) ★★★
5.55 **The Odyssey Special**
6.25 **Gravity** Space thriller. (2013, 12, 91min) ★★★★★

10.00 The Shining

8.00 **Arrival** Sci-fi drama starring Amy Adams and Jeremy Renner. A linguist must find a way to communicate with an alien race as the world teeters on the brink of global conflict. With Forest Whitaker. (2016, 12, 116min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Shining** Director Stanley Kubrick's chilling adaptation of the Stephen King bestseller, starring Jack Nicholson and Shelley Duvall. (1980, 15, 119min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Escape from New York** Futuristic action adventure. (1981, 15, 99min) ★★★★
2.10 **Honey Don't!** Comedy thriller. (2025, 15, 89min) ★★★
3.45 **Dead Man's Wire** Thriller. (2025, 15, 104min) ★★★★
5.35 **to 7.40** AM **Dog Day Afternoon** Tragi-comic thriller. (1975, 15, 130min) ★★★★

Sky Cinema Drama

310 310 410 510 524

7.10 AM **Babylon** Ground-breaking drama. (1980, 15, 94min) ★★★
8.55 **A Different Man** As 4.10am.
10.55 **Dreamgirls** Musical drama. (2006, 12, 130min) ★★★★
1.15 PM **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★★
3.25 **An Officer and a Gentleman** Romantic drama starring Richard Gere and Debra Winger. (1981, 15, 125min) ★★★★

5.35 **The Shawshank Redemption** Prison drama starring Tim Robbins and Morgan Freeman. (1994, 15, 142min) ★★★★★
8.00 **Nuremberg** Thriller starring Russell Crowe and Rami Malek. A US Army psychiatrist is sent to assess high-ranking Nazi prisoners to decide if they are fit for trial. With Michael Shannon. (2025, 15, 148min) ★★★★★
10.30 **The Brutalist** Epic period drama starring Adrien Brody. (2024, 18, 215min) ★★★★★

1.55 AM **True Grit** Oscar-winning Western starring John Wayne, Glen Campbell and Kim Darby. (1969, PG, 128min) ★★★★★
4.10 **to 6.10** AM **A Different Man** Psychological thriller starring Adam Pearson and Sebastian Stan. (2024, 15, 112min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.50 AM **Arcadian** As 12.25pm.
8.35 **Spin the Bottle** Horror. (2024, 15, 119min) ★★
10.50 **Man Finds Tape** Horror thriller. (2025, 15, 84min) ★★★★
12.25 PM **Arcadian** Horror thriller. (2024, 15, 92min) ★★★★
2.05 **Pacific Rim** Epic sci-fi action movie. (2013, 12, 126min) ★★★
4.25 **The Crazies** Horror remake. (2010, 15, 101min) ★★★★

6.25 **Cloverfield** Offbeat disaster movie. (2007, 15, 81min) ★★★
8.00 **M3GAN 2.0** Sci-fi thriller sequel starring Allison Williams. (2025, 15, 120min) ★★★
10.05 **The Exorcist** Occult horror chiller starring Max von Sydow, Linda Blair, Jason Miller and Ellen Burstyn. A priest battles to exorcise a powerful demon possessing a young girl. (1973, 18, 121min) ★★★★★
12.10 AM **Event Horizon** Sci-fi horror thriller. (1997, 18, 96min) ★★★

1.55 **Heart Eyes** Horror comedy starring Mason Gooding. (2025, 15, 97min) ★★★★
3.40 **Him** Supernatural horror. (2025, 18, 96min) ★★★
5.25 **to 6.50** AM **Friendship's Death** Sci-fi drama starring Tilda Swinton. (1987, 15, 78min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.30 AM **Grand Prix of Europe** Animation. (2025, U, 98min)
8.20 **The SpongeBob Movie: Sponge Out of Water** Animation. (2015, U) ★★★
9.55 **Look Who's Talking Too** Comedy sequel. (1990, 12) ★
11.20 **Wicked** As shown at 6.00pm.
2.00 PM **Wicked: For Good** (2025)
4.25 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
6.00 **Wicked** (2024, PG) ★★★★

11.10 Wallace & Gromit

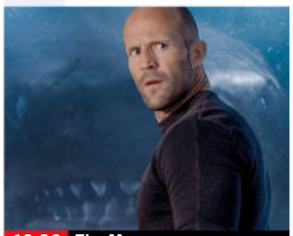
8.40 **Wicked: For Good** Fantasy adventure sequel starring Cynthia Erivo and Ariana Grande. Elphaba, the Wicked Witch of the West, must reunite with Glinda the Good to transform herself – and Oz. With Jeff Goldblum, Michelle Yeoh and Jonathan Bailey. (2025, PG, 137min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Wallace & Gromit: The Curse of the Were-Rabbit** Animated comedy adventure. (2005, U, 85min) ★★★★★
12.40 AM **Look Who's Talking Now** Comedy sequel starring John Travolta. (1993, 12, 95min) ★
2.20 **MouseHunt** Slapstick comedy. (1997, PG, 98min) ★★★★
4.05 **Sky Cinema Preview**
4.55 **to 6.30** AM **The Pirates! In an Adventure with Scientists** Animation. (2012, U) ★★★★

Sky Cinema Action

306 306 407 507 521

7.30 AM **Crawl** As 5.20am.
9.10 **Mr Nice Guy** Action comedy. (1996, 15, 88min) ★★★
10.55 **Novocaine** Action comedy. (2024, 15, 80min) ★★★
1.00 PM **Skyscraper** Action thriller. (2018, 12, 102min) ★★★
2.55 **The Amazing Spider-Man** Fantasy with Andrew Garfield. (2012, 12, 136min) ★★★
5.25 **The Amazing Spider-Man 2** Superhero adventure sequel. (2014, 12, 142min) ★★★



10.20 The Meg

8.00 **Spider-Man: Homecoming** Adventure starring Tom Holland and Michael Keaton. Teen superhero Peter Parker tries to prove his worth by battling a winged criminal with a trade in stolen hi-tech weaponry. (2017, 12, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

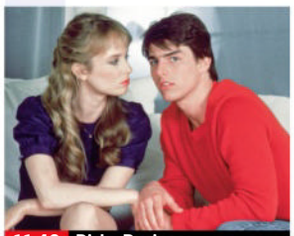
10.20 **The Meg** Action thriller starring Jason Statham. A rescue diver is hired to save the crew of a deep-sea submersible from a 75ft-long shark. (2018, 12, 113min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Robin Hood: Prince of Thieves** Fantasy adventure starring Kevin Costner. (1991, PG, 138min) ★★
2.55 **William Tell** Historical action drama starring Claes Bang. (2025, 15, 133min) ★★★
5.20 **to 7.00** AM **Crawl** Horror starring Kaya Scodelario. (2019, 15, 87min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.35 AM **Jackie Chan's The Tuxedo** Comedy. (2002, 12, 98min) ★★
9.15 **Fools Rush In** (1997, 12) ★★
11.05 **Sleepless in Seattle** Comedy. (1993, PG, 105min) ★★★★★
12.55 PM **Caddyshack** Comedy. (1980, 15, 95min) ★★★
2.35 **American Reunion** Comedy sequel. (2012, 15, 108min) ★★
4.35 **Beverly Hills Cop** Comedy thriller. (1984, 15) ★★★★
6.25 **Ace Ventura Pet Detective** Comedy. (1993, 12) ★★★★



11.40 Risky Business

8.00 **Ace Ventura: When Nature Calls** Comedy sequel starring Jim Carrey Pet detective Ace Ventura searches for a sacred white bat in Africa. With Ian McNeice. (1995, PG, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Beverly Hills Cop II** Comedy thriller sequel starring Eddie Murphy. Detective Axel Foley goes on the trail of a gang led by a six-foot blonde. With Brigitte Nielsen. (1987, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Risky Business** Comedy drama. (1983, 18, 98min) ★★★★
1.25 AM **Team America: World Police** Action movie spoof. (2004, 15, 98min) ★★★★
3.10 **Gremlins 2: The New Batch** Horror comedy sequel. (1990, 12, 107min) ★★★
5.00 **Sky Cinema Preview**
5.35 **to 7.35** AM **Superbad** Comedy. (2007, 15, 113min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.20 AM **Neighborhood Watch** Thriller. (2025, 15) ★★★★
8.05 **The Towering Inferno** Disaster movie. (1974, 12) ★★★★
11.00 **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
1.00 PM **Sherlock Holmes** Action adventure. (2009, 12) ★★★★
3.20 **Sherlock Holmes: A Game of Shadows** Action adventure sequel. (2011, 12, 128min) ★★★
5.40 **The Perfect Storm** Drama. (2000, 12, 129min) ★★★★

8.00 Lethal Weapon

8.00 **Lethal Weapon** Action comedy thriller starring Mel Gibson and Danny Glover. A volatile undercover cop and his unwilling new partner take on a vicious drugs gang. With Gary Busey. (1987, 15, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Red Dragon** Thriller starring Edward Norton and Anthony Hopkins. A former FBI agent is brought out of retirement to hunt down a serial killer and is forced to turn to Hannibal Lecter for advice. (2002, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **GoodFellas** Martin Scorsese's gangster drama. (1990, 18, 143min) ★★★★★
3.05 **Falling Down** Drama. (1993, 18, 115min) ★★★★
5.05 **to 7.10** AM **Greedy People** Crime comedy thriller. (2024, 15, 113min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Long Ships** Adventure starring Richard Widmark. (1963, PG, 125min) ★★
1.35 PM **D-Day the Sixth of June** World War Two romance. (1956, PG, 106min) ★★
3.45 **Hombre** Western adventure. (1966, PG, 111min) ★★★
6.00 **Le Mans '66** Fact-based drama starring Matt Damon, Christian Bale and Jon Bernthal. (2019, 12, 152min) ★★★★

11.10 Memento

8 PM **Le Mans '66** (film started at 6.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **Plane** Action thriller starring Gerard Butler and Mike Colter. A pilot is forced to ally with a murder suspect when their plane goes down in hostile land. With Yoson An and Tony Goldwyn. (2023, 15, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM **11.10** **Memento** Mystery thriller starring Guy Pearce and Carrie-Anne Moss. A man with a bizarre form of amnesia tries to solve the puzzle of his wife's death. (2000, 15, 108min) ★★★★★
1.25 **to 3.35** AM **Some Voices** Romantic drama with Daniel Craig and Kelly Macdonald. (2000, 15, 101min) ★★★

+1hour 314 430 47 301 257

Sky Cinema 2026 Recap

302 302 402 502 516

7.10 AM **No Ordinary Heist** (2026)
8.55 **LifeHack** Thriller with Georgie Farmer. (2025, 15, 97min) ★★★
10.40 **The Plague** As 1.30am.
12.25 PM **Icefall** As 3.15am.
2.10 **No Ordinary Heist** Thriller. (2026, 15, 99min) ★★★
3.55 **The Conjuring: Last Rites** Supernatural horror with Vera Farmiga and Patrick Wilson. (2025, 15, 135min) ★★★

6.15 **Sisu: Road to Revenge** Finnish action adventure sequel starring Jorma Tommila. Partly subtitled. (2025, 15, 89min) ★★★★
8.00 **Nobody 2** Comedy thriller sequel starring Bob Odenkirk. (2025, 15, 89min) ★★★
9.40 **Weapons** Horror thriller starring Julia Garner and Amy Madigan. When all but one child from the same class vanish on the same night, a community is left questioning their disappearance. (2025, 18, 128min) ★★★★★

11.55 **One Last Deal** Drama. (2026, 18, 89min) ★★★
1.30 AM **The Plague** Psychological thriller. (2025, 15, 98min) ★★★★
3.15 **Icefall** Suspense thriller. (2025, 15, 95min) ★★★
5.00 **to 6.35** AM **Safe House** Crime thriller. (2025, 15, 90min) ★★★

Sky Cinema Greats

307 307 404 504 518

7.30 AM **Westworld** As 5.25am.
9.10 **Mars Attacks!** Sci-fi spoof. (1996, 12, 106min) ★★★★
11.00 **The 7th Voyage of Sinbad** Vintage fantasy adventure. (1958, U, 87min) ★★★★
12.30 PM **Batman Forever** Comic-book adventure. (1995, 12, 121min) ★★★
2.35 **Batman & Robin** Adventure. (1997, PG, 125min) ★★

4.45 **The Lost Boys** Vampire tale. (1987, 15, 98min) ★★★★
6.25 **Mad Max** Cult action thriller. (1979, 15, 93min) ★★★★★
8.00 **Mad Max 2** Futuristic thriller sequel starring Mel Gibson. (1981, 15, 95min) ★★★★
9.40 **Mad Max Beyond Thunderdome** Futuristic thriller sequel starring Mel Gibson. (1985, 15, 107min) ★★★
11.30 **Interview with the Vampire** Horror with Tom Cruise and Brad Pitt. (1994, 18, 122min) ★★★★

1.35 AM **The Fifth Element** Luc Besson's sci-fi adventure with Bruce Willis and Milla Jovovich. (1997, PG, 126min) ★★★★
3.45 **The Lost Boys** As 4.45pm.
5.25 **to 7.00** AM **Westworld** Sci-fi thriller starring Yul Brynner. (1973, 15, 89min) ★★★★

Disney+ Cinema

305 305

6.00 AM **Bambi** Classic cartoon. (1942, U, 69min) ★★★★★
7.15 **Freaky Friday** Fantasy remake. (2003, PG, 97min) ★★★
8.55 **Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy. (2005, PG) ★★★★
11.20 **Aladdin** Animated fantasy. (1992, U, 90min) ★★★★★
12.55 PM **Frozen** Animated musical. (2013, PG, 108min) ★★★★

2.40 **Up** Animated comedy adventure. (2009, U, 96min) ★★★★★
4.15 **The Good Dinosaur** Animation. (2015, PG, 101min) ★★★★
5.55 **Monsters, Inc** Animation. (2001, U, 95min) ★★★★★
7.30 **Maleficent** Fairytale adventure reworking of *Sleeping Beauty*. (2014, PG, 97min) ★★★★
9.00 **Alien: Romulus** Horror thriller sequel starring Cailee Spaeny. (2024, 15, 119min) ★★★★
11.00 **The Avengers** Adventure. (2012, 12, 137min) ★★★★

1.20 AM **Hitchcock** Biopic starring Anthony Hopkins and Helen Mirren. (2012, 12, 94min) ★★★
3.05 **A Real Pain** Comedy drama. (2024, 15, 90min) ★★★★★
4.35 **to 6.00** AM **Pocahontas** Animated historical adventure. (1995, U, 81min) ★★★

Movies 24

312 313 419

7.00 AM **Joyeux Noel** Romantic drama. (2023, PG, 90min) ★★
9.00 **12 Days of Christmas Eve** Comedy. (2022, PG, 90min) ★★
11.00 **The Christmas Bookshop** Drama. (2024, PG, 90min) ★★
1.00 PM **Christmas on Call** Festive drama. (2024, PG, 90min) ★★
3.00 **Tidings for the Season** Festive romantic drama. (2025, U, 89min) ★★

5.00 **Holiday Touchdown: A Chiefs Love Story** Festive drama. (2024, PG, 90min) ★★
7.00 **The Snow Must Go On** Festive drama starring Corey Cott. (2025, PG, 90min) ★★
9.00 **A Cowboy Christmas Romance** Festive romance starring Jana Kramer and Adam Senn. A real-estate agent reconnects with her estranged family while trying to persuade a farmer to sell his land. (2023, PG, 85min) ★★

11.00 **A Grand Ole Opry Christmas** Drama. (2025, PG, 90min) ★★
1.00 AM **Our Holiday Story** Festive drama. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Christmas Above the Clouds** (2025, PG) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Black Saddle** 23/24. (S2)
6.30 **Blarney** Crime comedy. (1938, b/w, U, 68min) ★★★
7.20 **They Made Me a Fugitive** Thriller. (1947, b/w, PG) ★★
9.15 **Dick Tracy Returns** Thriller. (1938, b/w, PG, 90min) ★★★
11.20 **Look at Life**
11.30 **Star Performance** 16/38. (S3)
12.00 NOON **Danger UXB** 11/13. (S1)
1.05 PM **Adventures of Sir Lancelot**

1.35 **Lorna Doone** Romantic drama. (1951, b/w, U, 88min) ★★★
3.20 **Dangerous Cargo** Thriller. (1954, b/w, PG, 61min) ★
4.35 **Tommy the Toreador** Musical comedy. (1959, U, 86min) ★★
6.20 **Strange But True**
6.55 **The Brothers** 6/13. (S3)
8.00 **Mark Saber** 3/39. (S4)
8.30 **The Wheeltappers and Shunters Social Club**
9.20 **The Cassandra Crossing** Disaster movie starring Sophia Loren. (1977, PG, 129min) ★★★

11.55 **The Man Who Cheated Himself** Drama. (1950, b/w, PG) ★★★
1.35 AM **Doomwatch** 12/13. (S2)
2.35 **The Most Dangerous Game** Chiller. (1932, b/w, PG) ★★★
3.50 **A Flight of Fancy** Short film.
4.00 **Burke's Law** 29/32. (S1)
5.00 **to 6.00** AM **The Rogues**

Thursday

Sky Sports Main Event

401 401 501 419 439

6.30 AM **LIVE The Open** Coverage of the opening day of the fourth Major of the year staged at Royal Birkdale Golf Club in Southport, Merseyside. American Scottie Scheffler will arrive as the reigning champion after lifting the Claret Jug at Royal Portrush Golf Club in County Antrim, Northern Ireland 12 months ago, and will be looking to improve on a season that has featured a number of near misses. While he got the calendar year off to a good start with victory at The American Express in January, the four-time Major winner has since gone on to finish second at The Masters, which he followed with two more consecutive second-place finishes at the RBC Heritage and the Cadillac Championship, and recently tied for fourth at the US Open. *See feature, page 28.*
10.00 PM **World Cup Report** A round-up of the day's World Cup news and highlights.
2.30 to 6.30 AM **LIVE Major League Cricket** Coverage of the challenger play-off match staged at Oakland Coliseum in California.

Sky Sports Premier League

402 402 502 420 440

6.00 AM **Premier League Review**
9.00 FNF Wolves v Aston Villa.
9.30 Premier League Highlights
11.00 SNF Highlights from Leeds United v Manchester City at Elland Road.
11.30 Premier League Highlights
3.00 PM **SNF** Chelsea v Newcastle United at Stamford Bridge.
3.30 Premier League Highlights Nottingham Forest v Fulham. **4.00** Action from Crystal Palace v Leeds United at Selhurst Park. **4.30** Manchester United v Aston Villa at Old Trafford. **5.00** Liverpool v Tottenham.
5.30 MNF Hlts Action from Brentford v Wolverhampton Wanderers.
6.00 Premier League Stories
6.30 Premier League Review
7.30 Netbusters A look back at action from the Premier League.
9.00 Premier League Review
11.00 Premier League Years A look back at classic games, infamous blunders and moments of skill from the 2004/05 season.
1.00 AM **PL Retro** A replay of Leeds United v Liverpool from 2000.
3.00 PL Greatest Games
4.00 Premier League Best Goals
5.00 to 6.00 AM **Best Premier League Goals: Volleys**

Sky Sports Football

403 403 503 421 441

6.00 AM **Championship Retro**
8.00 Henrik Larsson: 20 Years On
9.00 SPFL Highlights
9.30 EFL Greatest Games
10.00 EFL Cup Highlights
11.00 SPFL Highlights
11.30 EFL Greatest Games
12.00 NOON **EFL** Archive action.
1.00 PM **EFL** Derby County v West Bromwich Albion in the 2006/07 Championship play-off final.
3.00 SPFL Highlights
3.30 EFL Greatest Games
4.00 EFL Cup The 2021/22 final.
5.00 Best Goals: EFL Cup 2021/22
5.30 EFL Trophy The 2021/22 final.
6.00 EFL Bristol City v Hull City in the 2007/08 Championship final. **7.00** Burnley v Sheffield United in the 2008/09 Championship final. **8.00** West Ham United v Blackpool in the 2011/12 Championship play-off final.
9.00 SPFL Highlights
9.30 EFL Greatest Games
10.00 EFL Cup Highlights
11.00 Best Goals: EFL Cup 2022/23
11.30 EFL Trophy Football
12.00 M'T **EFL** The 2020 play-off finals.
3.00 AM **SPFL Highlights**
3.30 EFL Greatest Games
4.00 to 6.00 AM **EFL Cup Retro**

Sky Sports Cricket

405 405 505 422 442

6.30 AM **International T20 Cricket**
7.00 Women's One-Day International Cricket
8.00 One-Day International Cricket
9.00 International T20 Cricket
11.30 One-Day International Cricket
12.30 PM **LIVE One-Day International Cricket England v India.** Coverage of the second ODI in the three-match series held at Sophia Gardens in Cardiff. These two sides last met in this format in another three-game contest back in February 2025. India won the first two matches on home soil by four wickets before the final game of the series saw them claim a 142-run victory.
9.00 Best of ICC WT20 England v Australia in the 2010 final. **9.15** India v Australia in 2016.
9.30 Nepal Climbing Cricket's Mountain Documentary.
10.00 One-Day International Cricket
12.00 M'T **One-Day International Cricket** England v India.
2.00 AM **Best of ICC WT20**
2.15 to 6.30 AM **LIVE Major League Cricket** Coverage of the challenger play-off match staged at Oakland Coliseum in California.

Sky Sports Golf

406 406 506 423 443

6.00 AM **Chronicles of a Champion Golfer** Jordan Spieth.
6.30 LIVE The Open Coverage of day one of the fourth Major of the year at Royal Birkdale Golf Club in Southport, Merseyside. American Scottie Scheffler will arrive as the reigning champion after lifting the Claret Jug at Royal Portrush Golf Club in County Antrim, Northern Ireland 12 months ago, and will be looking to improve on a season that has featured a number of near misses. While he got the year off to a good start, the four-time Major winner has finished second three times in recent events. *See feature, page 28.*
10.00 PM **The Open** Highlights.
11.00 Justin Rose: Chasing Forever
12.00 M'T **PGA Tour Champions Learning Centre**
12.30 AM **PGA Tour Champions**
1.30 Chronicles of a Champion Golfer Phil Mickelson.
2.00 The Open Action from day one.
3.00 to 6.00 AM **The Open – Official Films**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
9.30 LIVE WTA & ATP Tennis Coverage from the WTA and ATP Tours, including ATP Swedish Open at Båstad Tennis Stadium, ATP Swiss Open at Roy Emerson Arena, ATP Croatia Open at Stadium Goran Ivanišević and WTA Iasi Open held at Baza Sportiva Ciric.
10.00 PM **WTA Tennis** Berlin Open.
11.00 ATP Tennis Mallorca Open.
12.00 M'T **Best of the US Open 2025**
2.00 AM **ATP & WTA Tour Classics**
4.00 to 6.00 AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Tour de France Highlights**
7.00 TNT Sports Reload
7.30 Spirit of Yachting
8.00 What I Wore John Barnes.
8.30 UCI Mountain Bike World Series Review La Thuile Enduro.
9.00 One-Day International Cricket
10.00 Premier League Stories
10.30 TNT Sports Reload
10.45 The Gruppetto Cycling news.
11.00 Tour de France Men Highlights
12.00 NOON **LIVE Tour de France Men** Coverage of the 12th stage of the race, a 179.1km flat route from Circuit de Nevers Magny-Cours to Chalon-sur-Saone.
5.15 PM **Cycling Essential Stories**
5.30 A-Z: Commonwealth Games
6.00 One-Day International Cricket West Indies v New Zealand.
7.00 LIVE One-Day International Cricket West Indies v New Zealand. Coverage of the third ODI in the five-match series from Providence Cricket Stadium in Guyana.
4.00 AM **World Superbike Rewind**
4.15 MotoGP Rewind
4.30 Spirit of Yachting
5.00 to 6.00 AM **IFSC Climbing World Series Highlights**

TNT Sports 2

411 414 522 409 431

6.00 AM **UCI Mountain Bike World Series Review**
6.30 MotoGP Highlights
7.30 World Superbike Highlights
8.30 FIM Speedway Grand Prix
9.30 The WRC Magazine
10.00 MotoGP Rewind
10.15 LIVE AFL Geelong Cats v St Kilda Saints. Coverage from GMHBA Stadium. Bounce-up **10.30am**.
1.30 PM **One-Day International Cricket** West Indies v New Zealand.
2.30 Spirit of Yachting
3.00 UCI Mountain Bike World Series
3.30 The WRC Magazine
4.00 NWSL Recent action.
6.00 UCI Mountain Bike World Series
7.30 TNT Sports Reload
7.45 The Gruppetto Cycling news.
8.00 Tour de France Men Highlights
9.00 AFL Geelong Cats v St Kilda Saints.
10.30 FIM Speedway Grand Prix
11.30 MLB Plays of the Week
12.00 M'T **LIVE MLB Philadelphia Phillies v New York Mets.** From Citizens Bank Park. Start-time **12.10am**.
3.00 AM **MLB Plays of the Week**
3.30 TNT Sports Reload
4.00 to 6.00 AM **MLB**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League** Warrington Wolves v Hull Kingston Rovers. **9.00** Huddersfield Giants v Leigh Leopards from 2025.
12.00 NOON **NFL Highlights** Tampa Bay Buccaneers v Philadelphia Eagles from the 2025/26 season.
1.00 PM **Good Morning Football**
3.00 NFL Highlights
4.00 Super League Highlights
5.00 NFL Bitesize Highlights
5.15 Super Bowl LX Bitesize Seattle Seahawks v New England Patriots.
5.30 NBA Basketball
7.30 NFL Bitesize Highlights
7.45 Super League Highlights
8.00 NFL Highlights Carolina Panthers v Seattle Seahawks.
9.00 NBA on Fire A behind-the-scenes deep dive into all the latest action.
9.30 LIVE NBA Summer League Houston Rockets v Brooklyn Nets. Coverage of the match staged at the Pavilion in Las Vegas. Tip-off **9.30pm**.
12.00 M'T **The Insiders** NFL news.
1.00 AM **Super League Highlights**
2.00 Super League Wigan Warriors v Leigh Leopards from 2025.
4.45 Women's Super League
5.00 to 6.00 AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **World Cup Report**
7.00 World Cup Breakfast
9.30 LIVE The Open Coverage of the featured groups on the opening day of the Major staged at Royal Birkdale Golf Club in Southport, Merseyside. While the main programming offers rotating coverage of everyone currently out on the course, this provides an opportunity to focus on a select group of players as they make their way around all 18 holes.
3.00 PM **LIVE The Open** Further coverage from day one of the Major held at Royal Birkdale Golf Club, with action dedicated to specifically tracking the progress of the leading contenders and star names in the race for the Claret Jug. *See feature, page 28.*
8.00 World Cup Show
9.30 LIVE NBA Summer League Houston Rockets v Brooklyn Nets. Coverage of the match staged at the Pavilion in Las Vegas. Tip-off **9.30pm**.
12.00 M'T **EFL Greatest Games**
1.00 AM **Premier League Darts**
5.00 to 6.00 AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 LPGA Tour Golf
11.00 NBA Basketball
1.00 PM **State of Origin Rugby League** Recent action.
2.00 PL Greatest Games
3.00 PGA Tour Golf Highlights.
4.00 LPGA Tour Golf
5.00 LIVE PGA Tour Golf Coverage of the opening day of the Corales Puntacana Championship at the Puntacana Resort and Club in the Dominican Republic. South Africa's Garrick Higgo triumphed here last year, finishing one stroke ahead of five players who tied for second.
8.00 Spirit of Yachting
8.30 Women's T20 World Cup
9.00 Formula 1 Highlights.
12.00 M'T **EFL Greatest Games**
1.00 AM **NBA Basketball**
3.00 PL Greatest Games
4.00 The Open Action from day one.
5.00 Women's T20 World Cup
5.30 to 6.00 AM **International T20 Cricket**

TNT Sports 3

413 415 523 410 432

6.00 AM **IFSC Climbing World Series Highlights** From France.
7.00 Fishing: On the Bank
8.00 Sign Up – Into Football
9.00 MLB The Home Run Derby staged at Citizens Bank Park.
11.00 MLB Action from the All Star Game at Citizens Bank Park.
2.00 PM **MLB Plays of the Week**
2.30 UEFA Conference League
6.00 Ultimate Pool Group Five games in the Champions League.
7.30 TCR World Tour Review
8.00 FIA World Endurance Championship Highlights
9.00 IFSC Climbing World Series
10.00 NWSL Recent action.
12.00 M'T **FIA World Endurance Championship Highlights**
1.00 AM **TCR World Tour Review**
1.30 Tour de France Men Highlights
2.30 Ultimate Pool Highlights.
4.00 UEFA Champions League – Classics Archive action.
5.00 to 6.00 AM **Fishing: On the Bank**

TNT Sports 4

414 416 524 411 434

6.00 AM **The Gallagher PREM**
1.00 PM **The Gallagher PREM** Northampton Saints v Gloucester. **2.00** Highlights from Newcastle Red Bulls v Sale Sharks. **3.00** Action from Leicester Tigers v Exeter Chiefs.
4.00 MotoGP Highlights Action from the Grand Prix of Germany.
5.00 FIM Speedway Grand Prix Highlights Action from the sixth round in Malilla, Sweden.
6.00 MLB A look back at action from the Home Run Derby at Citizens Bank Park in Philadelphia.
8.00 MLB Action from the All Star Game at Citizens Bank Park.
11.00 UFC Another chance to see Conor McGregor v Max Holloway in the welterweight bout at T-Mobile Arena in Las Vegas.
2.00 AM **UFC Reloaded** Minotauro Nogueira v Cain Velasquez. **3.45** Gunnar Nelson v Rick Story.
5.30 to 6.00 AM **Formula E**

Premier Sports 1

419 APP 528

6.00 AM **NHL Ice Hockey**
8.15 Rugby Junior World Championships A semi-final.
10.15 URC Match Highlights
10.30 Temples of Sport
11.00 Coppa Italia A chance to see Lazio v Inter Milan in the final.
1.00 PM **NASCAR Highlights**
2.00 European Le Mans Series
3.00 DTM Motorsport Highlights
4.00 Rugby Junior World Championships Action from a ninth-place semi-final.
6.00 German Cup Bayern Munich v VfB Stuttgart in the final.
8.00 World of FreeSports
8.30 European Le Mans Series
9.30 NASCAR Highlights Action from the Quaker State 400.
10.30 Premier Sports Cup A replay of St. Mirren v Celtic in the final.
12.30 AM **DTM Motorsport Highlights**
1.30 Coppa Italia The final.
3.30 Scottish Cup Football
5.30 to 6.00 AM **Sporting Greats**

Premier Sports 2

420 APP 529

6.00 AM **United Rugby Championship** Semi-finals.
10.00 Temples of Sport
11.00 GP Insights Highlights.
11.30 United Rugby Championship
1.30 PM **Champions Cup Show**
2.00 Temples of Sport
2.30 Football's Greatest
3.00 Rugby Junior World Championships Another chance to see the second semi-final.
5.00 Temples of Sport
5.30 Rugby Junior World Championships Another chance to see the opening semi-final.
7.30 Champions Cup Show
8.00 NASCAR O'Reilly Series
10.55 Football's Greatest
11.25 LIVE Brasileiro Serie A Botafogo v Santos. Coverage of the match staged at Estadio Nilton Santos. Kick-off **11.30pm**.
1.30 AM **Temples of Sport**
2.00 to 6.00 AM **United Rugby Championship**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Highlights.
12.15 PM **Ted's Notebook**
12.45 At Home with Liam Lawson
1.00 Formula 1 Belgian Grand Prix.
2.00 F1 Drivers Press Conference
2.45 Formula 1 British Grand Prix.
3.45 Ted's Notebook
4.15 F1 Drivers Press Conference
5.00 Formula 1 Belgian Grand Prix.
6.30 F1 Drivers Press Conference
7.15 Formula 1 Highlights.
8.45 F1 Drivers Press Conference
9.30 Formula 1 Belgian Grand Prix.
11.00 F1 Drivers Press Conference
11.45 Formula 1 Highlights.
1.25 to 6.00 AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Friday

17 July

Planner

Heartstopper Forever *DRAMA Netflix*

The coming-of age teen drama adapted from Alice Oseman's graphic novels comes to an emotional close. As university looms, can Nick and Charlie's love survive a long-distance relationship? Anna Maxwell Martin joins the cast as Nick's mum Sarah, who takes over the role from Olivia Colman.

Ann Droid

COMEDY BBC 1, 9.30pm (box set, BBC iPlayer)

Written by and starring comedy genius Diane Morgan (*Cunk on Earth*, *Mandy*), this comedy with a sci-fi twist is about a widow (Sue Johnston) who is given a reconditioned robot to care for her at home.

The Hairdresser Mysteries

DRAMA BBC 1, 2pm (box set, BBC iPlayer)

Sally Phillips stars in this whodunit as 1970s-loving hair stylist Lily, who moves to a small town and learns she is perfectly placed to solve local mysteries, given that she is privy to many of her clients' secrets...

Anaconda

COMEDY Sky Premiere, 9.15am, 4.15pm & 8pm

A group of childhood friends (including Jack Black, right, Paul Rudd and Thandiwe Newton) decide to remake their favourite action film from the 1990s – and soon find something else lurking in the Amazon jungle with them.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Our Lives	7.30 EastEnders	8.00 Sort Your Life Out with Stacey Solomon		9.00 Would I Lie to...	9.30 Ann Droid	10.00 News; Local News	10.40 Austin
	102 BBC2	7.00 First Night of the Proms				9.00 Golf: The Open Highlights			10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Abbey Clancy... †	8.00 Emmerdale	8.30 Coronation...	9.00 The Twisted Tale of Amanda Knox			
	104 CHANNEL 4	7.00 News		8.00 Surgery Secrets of the Super Rich		9.00 Celebrity Gogglebox		10.00 Big Fat Quiz: Best Bits	
	105 5	7.00 Tour de France		8.00 Michael Palin in Venezuela		9.00 Ben Fogle and the Lost City			10.30 Piers Morgan...
	106 SKY ONE	7.00 The F1 Show		8.00 Joe Lycett's United States of...		9.00 John Bishop 25 Tour: Live from Dublin			
ENTERTAINMENT	115 BBC3		7.20 Film: Spider-Man: Across the Spider-Verse				9.30 Ludwig		10.25 Amandaland
	116 BBC4	7.00 TOTP: 2000		8.00 TOTP: 1987	8.30 TOTP: 1990	9.00 The Old Grey Whistle Test...	9.50 Linda Ronstadt: The Sound of My Voice		
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club for Soccer Aid		9.00 Love Island		10.05 Love Island...	10.35 Family Guy
	136 MORE4	◂ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 The Sommerdahl Murders			
	135 E4	7.00 The Simpsons		8.00 Below Deck		9.00 Film: The Inbetweeners 2			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Chicago Fire		10.00 Law & Order: Special Victims Unit	
	108 SKY ATLANTIC	7.00 The Gilded Age				9.00 Prisoner		10.00 The Last of Us	
	110 U&GOLD	◂ 6.35 Red Dwarf		7.55 Dad's Army	8.35 Keeping Up Appearances		9.20 Not Going Out	10.00 Red Dwarf: The Promised Land	
	111 U&DAVE	7.00 Mortimer &...	7.40 Would I Lie to You?			9.00 QI XL		10.00 Magnum P.I.	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Doc Martin				10.00 Murder in Provence	
	120 ITV4	◂ 6.50 Sharpe				9.00 Ice Road Truckers: Deadliest Roads		10.00 Wrestling: AEW Dynamite	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Alan Carr: Yap, Yap, Yap!		10.00 Comedy Central Live	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 From		10.00 Grimm	
	143 U&DRAMA	◂ 6.40 Last of the Summer Wine		8.00 Father Brown				10.00 New Tricks	
	109 U&ALIBI	7.00 Private Eyes		8.00 Death in Paradise				10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Guy Garvey: From the Vaults		9.00 Blur: Live at Wembley Stadium			
	132 U&W	7.00 DIY SOS: The Big Build		8.00 Pete Wicks: For Dogs' Sake					
DOCUMENTARY	125 DISCOVERY	7.00 Gold Rush: Mine Rescue with Freddy & Juan				9.00 Expedition Files		10.00 Mystery at Blind Frog Ranch	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Intruders		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Bushcraft...	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Inside the SS				10.00 Mega Marine Machines	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Secrets of Great British Castles		9.00 The Witches of Salem		10.00 Gangland Chronicles	
	155 U&YESTERDAY	7.00 Planet Earth III		8.00 Canal Boat Diaries				10.00 Bangers & Cash: Restoring Classics	
	114 SKY DOCS	◂ 6.00 I Am Johnny Cash	7.45 The Bee Gees: How Can You Mend a Broken Heart					10.00 Boyzone: No Matter What	

◂ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x
*Terms & conditions: magazinesdirect.com/terms.

Friday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Animal Park** New edition (S)(AD)
10.15 **The Moment of Proof** (S)(R)(AD)
10.45 **Expert Witness** New edition (S)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 NEW SERIES **The Hairdresser Mysteries** 1/6. Crime drama. *See feature, page 12.* (S1) (S)(AD)
■ Entire series on BBC iPlayer
2.45 **Rick Stein's Australia** (S)(R)(AD)
3.15 **Escape to the Country** New edition
3.45 **The Bidding Room** New edition (S)
4.30 **The Travelling Auctioneers** New edition In Mansfield. (S)(AD)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

2.00 The Hairdresser Mysteries

7 PM

7.00 NEW **Our Lives: Speed Without Limits** Scotland's first wheelchair-using racing driver. (S)(AD)
7.30 **EastEnders** Mark puts Lauren to the test, while Vicki and Ross face another stumbling block. (S)(AD)

8 PM

8.00 **Sort Your Life Out with Stacey Solomon** Stacey and the team help the Clarke family from the West Midlands, whose home has been overtaken by the hobbies they love, leaving little room for everyday life. (S)(R)(AD)

9 PM

9.00 **Would I Lie to You?** With Stacey Solomon, Harry Hill, Kojey Radical and Jill Scott. (S)(R)
9.30 NEW SERIES **Ann Droid** 1/6. Comedy starring Diane Morgan and Sue Johnston. *See feature, page 12.* (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Austin** New episode *Date Night:* 3/8. Austin misreads a dinner as a date, and Julian battles a book title. (S2) (S)(AD)
■ Entire series on BBC iPlayer
11.05 **Austin** New episode *No Pair, No Bear:* 4/8. Austin battles cultural branding, and Ingrid wrangles her new star. (S2) (S)(AD)
11.35 FILM PREMIERE **My Old Ass** Comedy starring Maisey Stella and Aubrey Plaza. A teenager comes face-to-face with her 39-year-old future self. (S) (2024, 15, 85min) ★★★★ *See review, page 25.*
1.00 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.05 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **The Travelling Auctioneers** (R)
7.15 **Animal Park** (S)(R)(AD)
8.00 **Sign Zone: Marcus Wareing Simply Provence** (S)(R)
9.00 **BBC News** (S)
12.30 PM **Political Thinking with Nick Robinson** Topical discussion. (S)
1.00 **Richard Osman's House of Games** Quiz show. (S)(R)
1.30 **Mastermind** Quiz show. (S)(R)
2.30 **The Farmers' Country Showdown** Blenheim Palace Festival. (S)(R)
3.15 **The Hidden World of Hospitality with Tom Kerridge** (S)(R)(AD)
4.15 **Land of the Lost Wolves** (S)(R)
5.15 **Flog It!** From Hendon. (S)(R)
6.00 **Richard Osman's House of Games** Quiz show. (S)(R)
6.30 **Just One Thing** How cutting smartphone use to just two hours a day can aid wellbeing. (S)(R)

7.00 First Night of the Proms

7.00 NEW **First Night of the Proms** The classical music festival gets under way live from the Royal Albert Hall. Petroc Trelawny and Georgia Mann guide viewers through a night of music-making to kick-off the summer's Proms season, featuring pieces by Copland, Gershwin, Ravel, Josephine Stephenson and Finzi. (S)

9.00 **Golf: The Open Highlights** Action from day two of the fourth Major of the year, which takes place at Royal Birkdale Golf Club in Southport, Merseyside. American Scottie Scheffler took the lead at this stage last year at Portrush on 10-under par, with England's 2022 US Open champion Matt Fitzpatrick one stroke behind. (S)
10.30 **Newsnight** (S)
11.05 FILM **Insomnia** Psychological thriller starring Al Pacino, Robin Williams and Hilary Swank. (S) (2002, 15, 110min) ★★★★
12.55 AM FILM PREMIERE **Morningside** Canadian drama starring Neil Whitely and Kiana Madeira. (S) (2025, 15, 85min) ★★★
2.20 **Sign Zone: Panorama – Dubai: Is the Dream Over?** (S)(R)
2.50 **Sign Zone: Natalie Cassidy – Caring Together** (S)(R)(AD)
3.20 **to 6.00** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and the team are in Sheffield, where David Ford comes across a fancy Russian belt, and Mark Stevens discovers an ancient book of remedies. (S)(R)(AD)
3.00 **Deal or No Deal** Stephen Mulhern hosts the game show as Luke tries to open the 22 red boxes in the right order. (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.30 Coronation Street

7.30 **Abbey Clancy: Celebrity Homes** Actor and presenter Sheree Murphy shows Abbey around her Cheshire mansion, while model and entrepreneur Caprice reveals how she created a family home in London. (S)(R)

8.00 **Emmerdale** Charity attends a support group, while Chas and Aaron get a shock. (S)(AD)
8.30 **Coronation Street** Betsy is upset to learn that Lisa reported Dylan, and Ross gives Tracy the brush-off. (S)(AD)

9.00 NEW SERIES **The Twisted Tale of Amanda Knox** 1/8. Drama starring Grace Van Patten. An American college student arrives in Italy to study abroad, but events take a dark turn before she goes on a romantic excursion. (S)(AD)

10.00 **The Twisted Tale of Amanda Knox** New episode 2/8. Under pressure to secure confessions, the police attempt to break Amanda and Raffaele, while Edda races to Italy. (S1) (S)(AD)
■ Previously shown on Disney+
11.00 **ITV News** (S)
11.30 **Local News** (S)
11.50 **Who Wants to Be a Millionaire?** Big-prize quiz hosted by Jeremy Clarkson in which another line-up of contestants answer questions that could change their lives. (S)(R)
12.45 AM **Teleshopping**
3.00 **The Vardys** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Dickinson's Real Deal** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** (S10&11) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 15-18/24. (S1) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Help! We Bought a Village** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Narrow Escapes** Bike repair man Sam seeks help to promote his floating business. (S)(R)(AD)
5.00 **Chateau DIY** At Château Lagorce, Anna and Edward's preparations are in full swing for their 400th wedding. (S)(R)(AD)
6.00 **Four in a Bed** The scores are revealed on Payment Day. (S)(R)
6.30 **Come Dine with Me** On the final night from Cardiff, Pete serves up a traditional menu. (S)(R)

8.00 Surgery Secrets of the Super Rich

7.00 **News** (S)

8.00 NEW SERIES **Surgery Secrets of the Super Rich** 1/6. With access to elite cosmetic surgery clinics in London and Manchester, this series follows world-renowned doctors delivering bespoke results for their clients. (S)(AD)

9.00 **Celebrity Gogglebox** Series finale 7/7. A cast of famous faces, including Vernon Kay and Paddy McGuinness, Denise Van Outen and Johnny Vaughan, and Bez and Shaun Ryder, offer their thoughts on the week's TV shows. (S)(AD)

10.00 NEW SERIES **Big Fat Quiz: Best Bits** Jimmy Carr looks back at the most chaotic moments from the *Big Fat Quiz* archives, with Jonathan Ross, Katherine Ryan, Russell Howard, Mel Giedroyc and Richard Ayoade. (S)
11.05 **TFI Friday Unplugged** New edition Chat and music. (S)
12.10 AM FILM **Jackass Forever** Comedy starring Johnny Knoxville. (S)(AD) (2022, 18, 100min) ★★★
1.50 **Ramsay's Kitchen Nightmares USA** From Boston. (S)(SL)(R)
2.40 **Travel Man: 48 Hours in Lanzarote** (S)(SL)(R)(AD)
3.05 **Come Dine with Me** (S)(R)
5.15 **to 6.00** AM **A Cotswold Farmshop** (S)(SL)(R)(AD)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.30 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **Castle** *Veritas:* 22/23. Part one of two. Beckett finds herself framed for murder. (S)(R)
3.55 **Castle** *For Better or Worse:* 23/23. Part two of two. Beckett and Castle prepare for their wedding day. (S6) (S)(R)
4.50 **Love Nature** A look at Charity Birmingham Tree People. (S)(R)
5.00 **News** (S)
6.00 **Somerset: Wonder of the West Country** At Frome's market, cake bakers do battle with ice-cream makers. (S)(R)
6.55 **News** (S)

9.00 Ben Fogle and the Lost City

7.00 Tour de France
Rebecca Charlton presents action from the 13th stage of the Grand Tour race, a 205.8km hilly journey from Dole to Belfort. (S)

7.55 **News** (S)

8.00 Michael Palin in Venezuela
Michael explores the South American country, beginning by hearing from investigative reporter Ana Vanessa Herrero about the country's slide into totalitarian rule. (S)(R)

9.00 Ben Fogle and the Lost City
Feature-length documentary. Ben heads to Slab City in the Sonoran desert, California, to explore a unique, alternative lifestyle community who live in the 'last free place in America'. (S)(R)

10.30 Piers Morgan: Uncensored
Opinion-led news and debate show. (S)

12.30 AM **Cops** A man weaves a stolen motorbike through traffic at speed to evade police. (S)(R)
12.55 **Entertainment News** (S)
1.00 **Teleshopping** (S)(R)
2.00 **Build Your Dream Home in the Country** Double bill. (S)(R)
3.40 **Friends** (S3) (S)(R)(AD)
4.30 **Cruising with Susan Calman** From Civitavecchia. (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings with Jones and Melbourne**
8.00 **Stargate SG-1** (S5) (S)(R)
9.00 **NCIS: Los Angeles** (S14) (S)(R)
10.00 **Will & Grace** (S9) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Airborne** (S)(R)(AD)
1.00 PM **Hawaii Five-0** (S)(R)
3.00 **S.W.A.T.** (S7) (S)(R)(AD)
5.00 **The Simpsons** *Friends and Family:* Mr Burns hires the Simpsons to play his live-in virtual reality family. (S)(R) **5.30** *Pin Gal:* A face from Marge's past returns (S)(R)
6.00 **Animal Control** 9/12. Dispatch alerts the teams to a goose that's on the loose. (R) **6.30** 10/12. The team welcome back Patel, even though he's still on suspension. (S1) (R)

9.00 John Bishop 25 Tour

7.00 The F1 Show
A round-up of the latest Formula One news ahead of the weekend's the Belgian Grand Prix, providing a sneak peek of the paddock and the personalities involved at the heart of the race.

8.00 Joe Lycett's United States of Birmingham
4/4. Joe's mission takes him to his final Birmingham, located in Alabama, where he takes in the history and hospitality of America's Deep South. (S)(R)(AD)

9.00 John Bishop 25 Tour: Live from Dublin
A performance recorded at the 3Arena in the Irish capital in which the comedian marks 25 years since he first stepped onto the stage with a show celebrating his career. (S)(R)

10.45 Animal Control
9/12. Dispatch alerts the teams to a goose that's on the loose, while the precinct hosts an animal adoption day. (S1) (R)

11.15 **Animal Control** 10/12. The team welcome back Patel. (S1) (R)
11.45 **Grimm** 15/22. Nick and Hank encounter a once-beautiful woman who seems to have aged 70 years overnight before dying. (S5) (S)(R)
12.45 AM **The Force: North East** Officers attend the aftermath of a machete gang fight. (S)(R)
1.40 **Road Wars** (S)(R)
3.00 **Hawaii Five-0** (S5) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
9.00-9.30pm NEW True North: Hunting the Giant Bluefin Tuna (S) **10.40** NEW Tommy Tiernan's Epic West (S) **11.30** Austin New episodes (S)(AD) **12.30am** FILM PREMIERE My Old Ass (S) (2024, 15, 85min) ★★★★ **1.55-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
7.00-7.30pm Best of Weatherman Walking New edition (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

As main ITV1 except:

WALES
7.00-7.30pm Coast & Country New edition (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Richard Holt: Yr Academi Felys **12.30** Heno **1.00** Taclo'r Ty (AD) **1.30** Dan Do **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Ty Ffit **4.00** Awr Fawr **5.00** Stwnsh **6.00** Gerddi Cymru **6.30** Garddio a Mwy **6.59** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Cyfres Triathlon Cymru New edition **8.55** Newyddion a'r Tywydd **9.00** Seiclo: Tour de France New edition **9.30** Cynefin **10.30-11.35pm** Gwesty Aduniad

TV&Streaming week
New issue on sale now

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **World Cup 2022** Argentina v France: A look back at the 2022 final.
7.20 FILM **Spider-Man: Across the Spider-Verse** Animated adventure with the voices of Shameik Moore and Hailee Steinfeld. Miles Morales and Gwen Stacy encounter a team of Spider-People charged with protecting the multiverse. (2023, PG, 140min) ★★★★
9.30 **Ludwig** 4/6. The team investigate when a body falls from a construction site. (S1)
10.25 **Amandaland** 4/6. Amanda befriends an elderly lady. **10.55** 5/6. Fi is transformed into a white-van man. **11.25** 6/6. Amanda hosts a prom pre-party for Georgie and her friends. (S2)
11.55 FILM **Pretty Woman** Romantic comedy with Julia Roberts and Richard Gere. (1990, 15, 117min) ★★★★
1.50 AM **The Kim Kardashian Diamond Heist**
2.35 **to 4.00** AM **Back to Life**

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 2000** Featuring Britney Spears, Mint Royale with Lauren Laverne, Lyte Funky Ones and Gabrielle. **7.30** Music by Andreas Johnson, Fierce, Sisqó, Britney Spears and Oasis.
8.00 **TOTP: 1987** Performances by Bruce Willis, Los Lobos, The Cure, Pet Shop Boys, Madonna and Bananarama.
8.30 **TOTP: 1990** Featuring Paul Young, Inspiral Carpets and Dream Warriors.
9.00 **The Old Grey Whistle Test: Linda Ronstadt** A 1976 performance by the American singer-songwriter.
9.50 **Linda Ronstadt: The Sound of My Voice** Documentary about of one of the most versatile female singers of the 20th century.
11.25 **Sisters in Country: Dolly, Linda and Emmylou**
12.25 AM **TOTP: 2000**
1.25 **TOTP: 1987** As 8.00pm.
1.55 **TOTP: 1990** As 8.30pm.
2.30 **to 3.25** AM **Sisters in Country: Dolly, Linda and Emmylou**

MORE4

136/137 127 147 18 124 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest from Harrogate.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **George Clarke's Old House, New Home** George helps a retired couple redesign their Edwardian home and tackles an 1850s country house that has accrued some bizarre additions over the years.
6.55 **Location, Location, Location** Kirstie and Phil help house-hunters in Surrey.
7.55 **Grand Designs** A project to convert a water tower in London into a luxury home, complete with a room at the top offering 360-degree views across the capital.
9.00 **The Sommerdahl Murders** New episodes 3&4/8. The body of a fashion model is found on a beach. Subtitled. (S5)
11.00 **24 Hours in A&E** Patients include a 26-year-old man whose jaw has been dislocated in an unprovoked attack, and a teenager requiring the removal of a blackened toenail.
12.00 M'T **24 Hours in A&E**
1.05 AM **999: On the Front Line**
2.10 **24 Hours in A&E**
3.15 **to 3.45** AM **A Place in the Sun**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** Couples in Cheltenham compete for £1,000.
8.00 **Ramsay's Kitchen Nightmares USA**
10.00 **Below Deck**
11.00 **Modern Family**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons** Four episodes of the animation.
7.00 **The Simpsons** *Bull-E:* Homer gets arrested for bullying Ned Flanders. **7.30** *Mathlete's Feat:* Lisa joins a maths quiz team.
8.00 **Below Deck** New edition Technical issues plague the charter, leaving the guests disgruntled and Fraser frantic.
9.00 FILM **The Inbetweeners 2** Comedy sequel starring Joe Thomas, Simon Bird, James Buckley and Blake Harrison. The awkward teenagers find university does not live up to their expectations, and go to Australia for an adventure. (2014, 15, 92min) ★★
11.00 **Naked Attraction**
1.10 AM **Gogglebox**
2.15 **Below Deck**
3.05 **Abbott Elementary**
3.30 **The Goldbergs**
4.20 **Brooklyn Nine-Nine**
4.45 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hr 235/236 306 30 123 256

Friday primetime primetime

FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Border Security USA**
11.00 **Bull** 5/22. (S6)
12.00 NOON **FBI** 18&19/22. (S8)
2.00 PM **The Rookie** 14/22. Nolan and Harper help a bounty hunter on his first case. (S4)
3.00 **Law & Order: Criminal Intent** 6/16. A man involved in a bank heist is killed six months later in an explosion. (S8)
4.00 **Nothing to Declare**

9.00 Chicago Fire

7 PM
7.00 **Nothing to Declare** A musician struggles to get through immigration. **7.30** A man is caught red-handed by customs.

8 PM
8.00 **Caught on Dashcam** Outrageous road disasters captured via dashboard cameras.

9 PM
9.00 **Chicago Fire** *Mercy:* 4/21. Firehouse 51 must band together after a devastating fire catches them off guard. (S14)

10 PM
10.00 **Law & Order: Special Victims Unit** *Accomplice Liability:* 17/22. Carisi is called as a witness in a trial. (S26)
11.00 **The Rookie** 11/22. A criminal helps the team take down an even bigger threat. (S4)
12.00 M'T **FBI** 16&17/22. (S8)
2.00 AM **FBI: International** (S2)
3.00 **Road Wars**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Air Ambulance ER**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Deadwood** 11&12/12. (S2)
10.00 **Homicide: Life on the Street**
12.00 NOON **Billions** 5&6/12. (S2)
2.10 PM **Succession** 9/10. Shiv tries to reposition herself. **3.30** 10/10. Kendall and Shiv shore up their interests. (S4)
5.00 **Gomorrah** 11/12. Mickey is forced to make the choice between his family and the woman he loves. Subtitled. **6.00** 12/12. The time comes for everyone to make some big decisions. In Italian. (S4)

9.00 Prisoner

7.00 **The Gilded Age** *Irresistible Change:* 7/9. Edison's illuminating electricity demonstration sparks conversation.

8.00 **The Gilded Age** *Tucked Up in Newport:* 8/9. George gets his day in court, and Peggy reveals the truth about her past. (S1)

9.00 **Prisoner** 4/6. Amber reunites with her family while Tibor faces his estranged mother, and Olly rejects their plan. (S1)

10.00 **The Last of Us** *Please Hold to My Hand:* 4/9. Joel and Ellie draw the attention of a vindictive rebel leader. (S1)
11.00 **The Last of Us** 5/9. Joel and Ellie encounter the most wanted man in Kansas City. (S1)
12.10 AM **Succession** 9/10. Kendall rallies supporters. **1.30** 10/10. The final episode of the drama. (S4)
3.10 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.25 **Georgia and Tommy: Happy Essex After** Reality series.
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Salt...**
11.15 **Real Housewives of Orange...**
12.10 PM **Dinner Date**
1.10 **Supermarket Sweep**
2.10 **The Floor USA**
3.05 **The Only Way Is Essex**
4.05 **Real Housewives of Salt Lake City** New edition
4.55 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

1.10 Supermarket Sweep

7.00 **The Floor USA** New edition Contestants test their knowledge of competition shows and romantic comedies.

8.00 **The 1% Club for Soccer Aid** Lee Mack hosts a special edition of the quiz with 100 sports stars and celebrities competing.

9.00 **Love Island** New edition Relationship-based reality show in which singletons seeking romance compete in the hope of finding love.

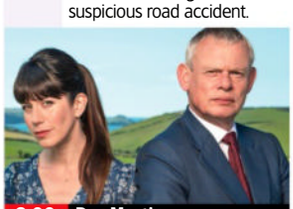
10.05 **Love Island: The Debrief** New edition Companion show to the reality series.
10.35 **Family Guy** 1/18. Stewie's favourite teddy bear is ruined by a dog. (S5)
11.05 **Family Guy** 26/30. The Griffins' house becomes haunted by restless spirits. (S4)
11.35 **American Dad!** (S5&4)
12.35 AM **Bob's Burgers** (S14)
1.30 **Deal or No Deal**
2.25 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.20 **Heartbeat** Double bill.
1.30 PM **Midsomer Murders** *Drawing Dead:* A former supermodel is murdered during a comic convention.
3.35 **Classic Emmerdale**
4.10 **Emmerdale Soapy Slip Ups**
4.45 **Classic Coronation Street**
5.50 **Heartbeat** *Who's Who?* Craddock investigates a suspicious road accident.


8.00 Doc Martin

6.55 **Heartbeat** *Gin a Body, Meet a Body:* Bellamy allows personal feelings to cloud his judgement with a robbery suspect.

8.00 **Doc Martin** *The Doctor Is Out:* 8/8. Annie Winton tries to coerce Martin into performing life-saving surgery on Jim. (S7)

9.00 **Doc Martin** *Mysterious Ways:* 1/8. Portwenn is abuzz with activity for the preparation of Janice and Penhale's wedding. (S8)

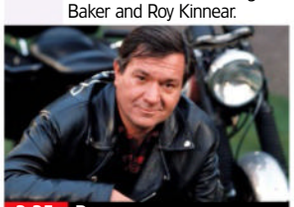
10.00 **Murder in Provence** *The Affairs on Men:* 3/3. Antoine, Marine and Helene think two deaths might be connected. (S1)
11.50 **Trial & Retribution** 2/2. Two further bodies and a skeleton are found at the former boarding house. (S5)
1.55 AM **George and Mildred** 2/7. The couple celebrate their wedding anniversary. (S2)
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **The Derby Through the Years** Memorable stagings.
6.20 **Made in Britain**
6.50 **Magnum, PI**
7.55 **Dempsey and Makepeace**
9.00 **Boon**
10.05 **The Champions**
11.10 **BattleBots**
12.15 PM **Magnum, PI**
2.25 **Dempsey and Makepeace**
3.35 **Boon**
4.40 **The Champions**
5.45 **Minder** *You Gotta Have Friends:* Guest stars George Baker and Roy Kinnear.


3.35 Boon

6.50 **Sharpe** *Sharpe's Waterloo:* 3/3. Learning Napoleon has returned from exile, Sharpe joins forces with the remaining Chosen Men for one of history's most momentous military engagements – the Battle of Waterloo. (S5)

9.00 **Ice Road Truckers: Deadliest Roads** Rockslides threaten Lisa Kelly and Rick Yemm's Himalayan assignment.

10.00 **Wrestling: AEW Dynamite** Hard-hitting action, featuring the likes of Jon Moxley and Claudio Castagnoli.
12.05 AM **Dark Side of the Ring** A look back at the 1988 death of Bruiser Brody.
1.05 **Minder**
2.00 **Two and a Half Men**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Greatest Escape** Best friends Suzie and Shirley try out waterfront getaways.
8.00 **Paramedics on Scene** An Ayr crew treat a woman who has a burst gastric ulcer.
9.00 **City Lights: Pure Dead Brilliant** A celebration of the comedy that managed to capture the spirit of 1980s Scotland.
10.00 **Still Game** 1/9. Winston plans to improve the local park, which has gone downhill. (S2)
10.30 **Two Doors Down** 4/6. Michelle invites Beth, Cathy and Christine over for a girls' night. (S5)
11.00 PM **to 12.00** M'T **NEW TRNSMT** Highlights from the festival, featuring Two Door Cinema Club, Skye Newman and Wolf Alice.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **Breeders** 9&10/10. (S3)
10.00 **Upright** 7&8/8. (S1)
11.15 **Will & Grace** (S6)
12.15 PM **The Comeback** (S3)
1.35 **Upright** 7&8/8. (S1)
2.45 **Will & Grace** (S5)
3.45 **Hacks** 1&2/9. (S3)
5.00 **Community** (S6)
6.00 **Will & Grace** (S6)
7.00 **The Office (US)** (S3)
8.00 **Breeders** 9/10. Jim and Jackie both struggle in new circumstances. **8.30** 10/10. Ava stands up to her dad. (S3)
9.00 **Paul Chowdhry: Family Friendly Comedian**
10.15 **Hacks** 1/9. Deborah prepares to attend a ceremony in Montreal. **11.00** 2/9. Deborah finally agrees to appear on *Late Night*. (S3)
11.40 **Breeders** 9&10/10. (S3)
12.40 AM **Community** (S6)
1.40 **The Comeback** (S3)
3.10 **Upright** 5&6/8. (S1)
4.30 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Classic FM Live: Hall of Fame 2023**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Classic Movies: The Story of Chaplin**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **Discovering**
4.00 **Guy Garvey: From the Vaults** Clips from 1987.
5.00 **Portrait Artist 2020**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Guy Garvey: From the Vaults** Clips from 1983.
9.00 **Blur: Live at Wembley Stadium** A 2023 show.
11.45 **Blur: To the End**
1.45 AM **Oasis: Standing on the Edge of Noise**
3.00 **Classic Albums**
4.00 **The Art of the Garden**
5.00 **to 6.00** AM **Classic Movies: The Story of Chaplin**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Border Patrol**
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 11/26. (S5)
5.00 **Stargate SG-1** (S7)
6.00 **Stargate Universe** (S1)
7.00 **Star Trek: The Next Generation** 12/26. (S4)
8.00 **Police 24/7** Police are forced to deploy a taser while pursuing a suspect on foot.
9.00 **Forensics: Catching the Killer** Double bill.
11.00 **Star Trek: Enterprise**
12.00 M'T **Warehouse 13** (S5)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **Who Wants to Be a Millionaire?** Quiz.
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal**
6.00 **Lingo** Duos from London, Liverpool and Bolton take part. **7.00** Contestants from Liverpool, Bedfordshire, Buckinghamshire and London test their skills. **8.00** Two friends from Sheffield, two Brummie mates and a couple from Liverpool and Manchester take part.
9.00 **Who Wants to Be a Millionaire?** Quiz hosted by Jeremy Clarkson.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S.**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **George Clarke's Remarkable Renovations** A couple renovating their old post office building.
8.00 **Dover 24/7: Britain's Busiest Port** Officers discover women being smuggled into the UK.
9.00 **24 Hours in A&E** A 10-week-old baby chokes on his milk. **10.00** A 20-year-old is rushed in after coming off her motorbike.
11.05 **Celebrity Gogglebox**
1.10 AM **8 Out of 10 Cats Does Countdown**
2.10 **Big Fat Quiz: Best Bits**
3.10 **Naked Attraction**
4.05 **to 5.05** AM **Surgery Secrets of the Super Rich**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S3)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S3)
2.00 **SurrealEstate** 10/10. (S2)
3.00 **Warehouse 13** 10/13. (S1)
4.00 **Stargate SG-1** 10/22. (S7)
5.00 **Star Trek: Voyager** 4/26. The Doctor experiences some interesting daydreams. (S6)
6.00 **Star Trek: Enterprise** 1/24. Captain Archer and his crew investigate the mysterious and hostile Xindi race. (S3)

8.00 Stargate SG-1

7.00 **Stargate Atlantis** *Irresponsible:* 13/20. The team discover Lucius is trying to manipulate an entire village. (S3)

8.00 **Stargate SG-1** *Birthright:* 10/22. The team try to help the beautiful leader of Ha'ktyl, a community of warrior Jaffa. (S7)

9.00 **From** *If a Tree Falls in a Forest:* 10/10. Last episode. Boyd's quest to lead the residents home reaches a terrifying crossroads. (S4)

10.00 **Grimm** *A Reptile Dysfunction:* 8/22. Nick and Hank investigate a mysterious sighting linked to a tourist's death. (S5)
11.00 **The Walking Dead** 14/16. Supply excursions from Alexandria are placed in very real danger. (S6)
12.00 M'T **SurrealEstate** 10/10. Susan returns to the Agency. (S2)
1.00 AM **Warehouse 13** 10/13. (S1)
2.00 **The Walking Dead** (S6)
3.00 **From** As shown at 9.00pm.
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S5)
9.00 **Shakespeare & Hathaway: Private Investigators** (S1)
10.00 **The Mentalist** 1/22. (S5)
11.00 **Hudson & Rex** 18/20. (S5)
12.00 NOON **Unforgettable** (S4)
1.00 PM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries** (S5)
4.00 **The Mentalist** 1/22. (S5)
5.00 **Hudson & Rex** 18/20. (S5)
6.00 **Shakespeare & Hathaway: Private Investigators** 5/10. The duo try to exonerate local criminal Billy the Brick when the mayor is murdered. (S1)

5.00 Hudson & Rex

7.00 **Private Eyes** *The Six:* 5/10. Angie and Shade search for a missing youngster who was trying to become famous. (S1)

8.00 **Death in Paradise** *Fake or Fortune:* 6/9. Part two of two. Neville continues to probe a concert pianist's murder. (S10)

9.00 **Death in Paradise** *Sins of the Detective – Part Two:* 7/8. Neville is arrested on suspicion of killing Professor Cartwright. (S12)

10.00 **Father Brown** *The Royal Visit:* The visit of Princess Margaret to Kembleford is jeopardised when a school caretaker is found dead.
11.00 **Private Eyes** As 7.00pm.
12.00 M'T **Father Brown** *The Crackpot of the Empire:* A former music hall comedian swears revenge on the priest.
1.00 AM **Death in Paradise** (S10)
2.00 **Murdoch Mysteries** (S5)
3.00 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
8.40 **The Green Green Grass**
9.20 **Are You Being Served?**
10.00 **Last of the Summer Wine**
11.20 **Red Dwarf**
12.35 PM **Keeping Up Appearances**
1.15 **Dad's Army**
1.55 **Open All Hours**
2.35 **The Green Green Grass**
3.15 **Are You Being Served?**
3.55 **Dad's Army**
4.35 **Keeping Up Appearances**
5.15 **Last of the Summer Wine**
6.35 **Red Dwarf**

3.15 Are You Being Served?

7.15 **Red Dwarf** Kochanski transports the crew to *Pride and Prejudice* world.
7.55 **Dad's Army** The platoon stage a re-enactment of the battle between St George and the dragon.
8.35 **Keeping Up Appearances** Hyacinth and Richard take over a country cottage – with unexpected results.
9.20 **Not Going Out** Tim picks up the wrong coat and realises it contains a pocket full of drugs.

10.00 **Red Dwarf: The Promised Land** Feature-length episode. Lister helps three cat clerics that worship him.
12.00 M'T **Not Going Out**
12.40 AM **Men Behaving Badly** A moment of madness costs Dermot his job.
1.10 **Bottom 2001: A*** Oddity Live** The duo find themselves stranded on a Pacific island.
3.05 **to 4.00** AM **Don't Wait Up**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Top Gear**
8.15 **Border Force: America's Gatekeepers** Double bill.
10.10 **Rick Stein's Mediterranean Escapes** Double bill.
12.15 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Simon Reeve's South America**
4.00 **The Hairy Bikers: Mums Know Best** Simple suppers.
5.00 **Rick Stein's Mediterranean Escapes** The seafood chef joins a family feast in Corfu. **6.00** Rick heads to Majorca.

10.00 Magnum P.I.

7.00 **Mortimer & Whitehouse: Gone Fishing** From the Avon in Hampshire.
7.40 **Would I Lie to You?** With guests Chris Hoy, Danny Wallace, Ronni Ancona and Gabby Logan. **8.20** With Trinny Woodall, Reece Shearsmith, Charlie Brooker and Michael Ball.

9.00 **QI XL** Sandi Toksvig quizzes Sally Phillips, Josh Pugh, Aaron Simmonds and Alan Davies on the topic of upbringing.

10.00 **Magnum P.I.** *I Saw the Sun Rise:* 1/20. Reboot of the 1980s crime drama, starring Jay Hernandez as a private investigator. (S1)
11.00 **Magnum P.I.** 2/20. Thomas helps a struggling fisherman and fellow veteran. (S1)
12.00 M'T **Mock the Week** With Rob Beckett and Susan Calman.
12.40 AM **Would I Lie to You?**
2.00 **QI** Double bill of editions.
3.15 **to 4.00** AM **Not Going Out**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.25 AM **The Bill**
8.15 **Doctors**
9.30 **Classic Holby City**
10.55 **Casualty**
11.55 **The Bill**
1.00 PM **Classic EastEnders**
2.20 **Tenko Reunion**
3.20 **Pie in the Sky**
4.20 **Lovejoy**
5.25 **Waiting for God**
6.00 **Last of the Summer Wine** Alvin dresses up as a crow. **6.40** Smiler takes up dancing to impress his dream woman and recruits Truly to help him.

11.20 Silent Witness

7.20 **Last of the Summer Wine** Howard bumps into an acquaintance from his past, and Truly's bid to help him backfires.

8.00 **Father Brown** *The Requiem for the Dead:* The priest must open up old wounds when a child killer is found murdered.

9.00 **Father Brown** *The Children of Kalon:* When a troubled soul returns, the priest must investigate the Church of Apollo.

10.00 **New Tricks** *The Crazy Gang:* Ucos is threatened with closure following the perceived mishandling of the Hanway case.
11.20 **Silent Witness** *One of Our Own:* The team help find the killer of a police officer, and suspicion quickly falls on the son of a local crime boss.
1.35 AM **Lovejoy**
2.40 **Waiting for God**
3.10 **to 4.00** AM **Harry Wild**

+1 hour 243 316 60 260

Friday

7 PM **8 PM** **9 PM** **10 PM**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 4-6/22. (S20)
11.55 **Law & Order** (S2&3)
6.05 PM **NCIS** *In the Spotlight:* 19/22. Agent Knight goes viral after saving a mother and her young son. **7.00** *Second Opinion:* 20/22. A senator's daughter is murdered. **8.00** *Kompromat:* 21/22. A murder occurs in the classified section of the National Archive. (S20)
9.00 **Beauty and the Beast** *Any Means Possible:* 15/22. A new district attorney takes charge of the vigilante case. **10.00** *Insatiable:* 16/22. Evan discovers Cat knows more than she is letting on about the beast, while the police close in on Vincent. (S1)
11.00 **Law & Order: Special Victims Unit** (S13)
2.55 **to 3.55** AM **Wild Cards**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** Barnsley Hospital faces one of its toughest shifts.
9.00 **999: Critical Condition** A firework explodes in a man's hand.
10.00 **A&E After Dark**.
11.00 **Trauma Room One**
12.00 M'T **Skin A&E**
1.00 AM **Nightmare Tenants, Slum Landlords**
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Scam City** Las Vegas.
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Police Interceptors**
10.15 **Gunsmoke** (S12)
11.15 FILM **Rough Night in Jericho** (1967, PG) ★★
1.25 PM FILM **The Cowboys** Western adventure. (1971, 12, 128min) ★★★
4.00 **The Motorway**
5.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Cops** New editions A suspect who fled on an unlicensed dirt bike begs to go home. **10.30** Stop Sticks are used to end a pursuit.
11.00 **The X-Files** 23/24. (S4)
12.00 M'T **World Cup 2026: Uncensored with Piers Morgan** Discussion.
1.00 AM **Outback Truckers**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.30 **Inside the Ambulance**
8.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **The Supervet: Noel Fitzpatrick**
5.00 **The Supervet**
6.00 **DIY SOS: The Big Build**
8.00 **Pete Wicks: For Dogs' Sake** Pete travels to Northern Ireland to pick up three stray dogs and bring them to Essex. **9.00** Pete returns to the Dogs Trust, facing a suitcase of abandoned pups on day one. **10.00** Pete meets Lurcher Terri, who is terrified of the world.
11.00 **Gavin & Stacey**
1.00 AM **Amanda & Alan's Italian Job**
1.30 **to 3.00** AM **Selena and Yolanda: The Secrets Between Them**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering**
8.00 **Bangers & Cash**
10.00 **Tankies: Tank Heroes of WW2** Documentary.
11.00 **D-Day to Berlin**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Tankies: Tank Heroes of WW2** Documentary.
5.00 **D-Day to Berlin**
6.00 **Antiques Roadshow**
7.00 **Planet Earth III**
8.00 **Canal Boat Diaries**
10.00 **Bangers & Cash: Restoring Classics** Dave alerts the team to a 1979 Lotus Esprit S3. **11.00** The team take on the restoration of an Austin Montego.
12.00 M'T **Bangers & Cash**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Robson Green's Weekend Escapes**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** French Riviera.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters: The Restorers** Triple bill.
12.00 NOON **Celebrity Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House** Angus sells some wild west costumes.
8.00 **Antiques Road Trip**
9.00 NEW SERIES **My Lottery Dream Home**
10.00 **Home Town** New edition Ben and Erin return to Jones College to transform an outdated basketball locker room.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters: The Restorers**

+1 hour 242 365

FRIDAY Entertainment

Friday

Great! TV
157 167 170 34 32

8.00 AM **The Waltons** (S4)
9.00 **Doctor Finlay** 6/6. (S2)
10.00 **Hamish Macbeth** (S1)
11.00 **Little House on the Prairie** 9&10/25. (S1)
1.00 PM **The Waltons** (S4)
4.00 **Little House on the Prairie** 9&10/25. (S1)
6.00 **Hamish Macbeth** (S1)
7.00 **M*A*S*H** 25/26. Charles falls for a Korean girl. **7.30** 26/26. BJ plans a family reunion. (S7) **8.00** 1/25. A gourmet cook joins the 4077th. **8.30** 2/25. The 4077th receives a visit from a congressional aide. (S8)
9.00 FILM **Dante's Peak** Disaster movie starring Pierce Brosnan. (1997, 12, 108min) ★★★
11.25 **M*A*S*H** (S7&8)
1.25 AM **Rising Damp** (S4)
1.55 **Air Rescue** Double bill.
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action
318 317 426 42 33

9.10 AM FILM **Hell in Normandy** Drama. (1968, PG, 89min) ★★
11.30 **Tombstone Territory**
12.00 NOON **The High Chaparral** Double bill.
2.00 PM **Wanted: Dead or Alive** 31/36. (S1)
2.30 FILM **The Quick & the Dead** Western. (1987, PG, 94min) ★★★
4.35 FILM **The Expatriate** Crime action thriller. (2012, 15, 100min) ★★
6.45 FILM **The Ballad of Lefty Brown** Western. (2017, 15, 111min) ★★★
9.00 FILM **Homefront** Thriller. (2013, 15, 98min) ★★★
11.10 FILM **American Siege** Thriller with Bruce Willis. (2021, 15, 91min) ★★
1.10 AM **Dragon Ball Super**
2.10 **Coast Guard Alaska**
3.10 FILM **NYC: Tornado Terror** Disaster movie. (2008, PG, 90min) ★★
4.40 **to 5.50** AM **Air Rescue**

+1 hour 319

Great! Mystery
320 318 425 50 48

8.10 AM FILM **Ruby Herring Mysteries: Her Last Breath** Crime thriller. (2019, PG, 84min) ★★
10.05 FILM **Haunted Harmony Mysteries: Buried At C** Thriller. (2025, U, 84min) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S3)
2.00 **Castle** 3/23. (S4)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 4/23. (S4)
8.00 **Unforgettable** (S3)
9.00 **In Plain Sight** 7/13. (S3)
10.00 FILM **Mystery 101: Pilot** Drama with Jill Wagner. (2019, PG, 89min) ★★
11.55 FILM **Mystery 101: Playing Dead** Thriller starring Jill Wagner. (2019, PG, 90min) ★★
1.50 AM FILM **Burning Lies** Thriller. (2021, PG) ★★
3.25 **to 5.00** AM FILM **Fatal Flatline** Drama. (2020, PG, 87min) ★★

+1 hour 321

Great! Romance
322 319 424 52 47

8.10 AM FILM **Just One Kiss** Comedy. (2022, PG) ★★
10.10 FILM **Key to Love** Drama. (2023, U, 90min) ★★
12.05 PM FILM **Just My Type** Comedy. (2020, PG) ★★
2.00 FILM **Love Upstream** Romantic comedy. (2021, PG, 85min) ★★
4.00 FILM **Paris, Wine and Romance** Drama. (2019, PG, 84min) ★★
5.50 FILM **Summer Love** Romantic drama. (2016, PG, 83min) ★★
7.45 FILM PREMIERE **A Winning Team** Comedy. (2023, PG, 90min) ★★
9.45 FILM **Planning for Joy** Romantic comedy. (2022, PG, 86min) ★★
11.45 FILM **With Love, Your Sweetly Salted** Drama. (2023, U, 91min) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Love Upstream** Comedy. (2021, PG, 85min) ★★

+1 hour 323

Together TV
170 171 136 83 162 52

11.00 AM **Garden Rescue**
12.00 NOON **Love Your Garden** From Cornwall.
1.00 PM **Celebrity Coach Trip**
2.00 **Case Sensitive**
3.00 **Garden Rescue**
4.00 **Robson Green's Weekend Escapes**
4.45 **This Farming Life**
6.00 **Celebrity Coach Trip**
7.00 **Love Your Garden**
8.00 **Garden Rescue**
9.00 FILM **Girls Come First** Comedy with John Hamill. (1975, 18, 43min) ★★
10.00 FILM **Coffy** Thriller starring Pam Grier. (1973, 18, 91min) ★★
12.00 M'T FILM **Can You Keep It Up for a Week?** Bawdy comedy starring Jeremy Bulloch. (1974, 18, 94min) ★
2.00 AM FILM **Girls Come First** As 9.00pm.
3.00 **This Farming Life**
4.15 **to 5.00** AM **Robson Green's Weekend Escapes**

Rewind TV
182 81 164 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Doctor in Charge** (S1)
10.30 **Mother's Ruin** 6/8. (S1)
11.00 **The Fenn Street Gang**
11.30 **Hallelujah** 2/7. (S1)
12.00 NOON **Man in a Suitcase**
1.00 PM **Agony** 2/7. (S2)
1.30 **The Gaffer** 4/7. (S3)
2.00 **Second Thoughts** (S2)
2.30 **The Fenn Street Gang**
3.00 **Hallelujah** 2/7. (S1)
3.30 **Boon** 7/13. (S5)
4.30 **Old Country** (S1)
5.00 **Stereo Underground**
6.00 **The Gaffer** 4/7. (S3)
6.30 **Danger Man** 1/39. (S1)
7.00 **Mother's Ruin** 6/6. (S1)
7.30 **Doctor in Charge** (S1)
8.00 **Man in a Suitcase** (S1)
9.00 **Drop the Dead Donkey**
10.00 **The Kenny Everett Naughty Joke Box**
11.35 FILM **Confessions of a Sex Maniac** Comedy. (1974, 18, 78min) ★★
1.10 AM **Stereo Underground**
2.10 **to 6.00** AM **Highlights**

DMAX
159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Extinct or Alive**
10.00 **Deadliest Catch**
12.00 NOON **The Alaska Triangle** Documentary.
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** With $1million in crab at stake, the *Wizard* battles unrelenting waves. **8.00** The *Summer Bay* runs aground.
9.00 **Helicopter ER** A herd of cattle has to be moved so a chopper can help an injured walker.
10.00 **Animal Cops Philadelphia**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network
144 152 168 43 148 39

6.00 AM **Sophie Grigson: Slice of Italy**
7.00 **Hairy Bikers' Mississippi Adventure**
8.00 **Delicious Miss Brown**
9.00 **Jamie Cooks Italy**
10.00 **Barefoot Contessa**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Christmas Feasts**
1.30 **James Martin's Favourite Feasts**
3.00 **Hairy Bikers' Mississippi Adventure**
4.00 **The Pioneer Woman**
6.00 **Barefoot Contessa**
7.00 **Great British Bake Off**
9.00 **The Hairy Bikers' Mediterranean Adventure** Si and Dave discover the culinary delights of Corsica.
10.00 **Nadiya Bakes**
11.15 **Diners, Drive-Ins and Dives** Four editions.
1.15 AM **Mystery Diners**
2.15 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 18/28. (S1)
9.00 **T.J. Hooker** 13/19. (S5)
10.00 **Babylon 5** 6/22. (S2)
11.00 FILM **Shark Lake** Thriller. (2015, 15, 89min) ★★
1.00 PM FILM **Time Without Pity** Thriller. (1957, b/w, PG, 88min) ★★
3.00 FILM **Fair Wind to Java** Seafaring adventure. (1953, PG, 92min) ★★
5.00 **Star Trek** 20/24. (S3)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 7/22. (S2)
8.00 **Walker, Texas Ranger**
9.00 FILM **Deep Rising** Action horror. (1998, 15, 106min) ★★★★
11.10 FILM **Rise of the Footsoldier: Origins** Crime thriller. (2021, 18, 107min) ★★
1.20 AM FILM **The Business** Drama with Danny Dyer. (2004, 18, 97min) ★★
3.10 **to 4.55** AM FILM **Ambushed** Thriller. (2013, 15, 92min) ★★

Legend Xtra
316 316 171 69 138 51

9.00 AM FILM **A Study in Terror** Mystery thriller. (1965, 15, 91min) ★★★
11.00 **Andromeda** 21/22. (S3)
12.00 NOON FILM **Meteor Apocalypse** Adventure. (2010, 15, 90min) ★
2.00 PM FILM **The Pledge** Western. (2008, PG, 79min) ★★★
4.00 **Walker, Texas Ranger**
5.00 FILM **Slipstream** Sci-fi adventure starring Mark Hamill and Bob Peck. (1989, PG, 101min) ★
7.00 **Andromeda** 22/22. (S3)
8.00 **The A-Team** 17/23. (S2)
9.00 FILM **Hunter Killer** Action thriller starring Gerard Butler. (2018, 15, 121min) ★★★
11.30 FILM **Standoff** Thriller. (2015, 15, 92min) ★★★
1.20 AM FILM **Deadly Target** Action thriller. (2015, 15, 87min) ★★
3.05 FILM **Slipstream** (1989)
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze
156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Ilford.
6.45 **Pawn Stars**
7.30 **Money for Nothing**
8.25 **Container Wars**
9.20 **Storage Wars Canada**
1.05 PM **Pawn Stars**
2.05 **Money for Nothing**
3.05 **Container Wars**
4.05 **Ancient Aliens**
5.00 **UFO Chronicles** New edition A spinning-top-shaped UFO. **5.30** Series finale Two cigar-shaped objects.
6.00 **Storage Wars Canada**
7.00 **Money for Nothing**
8.00 **Dickinson's Real Deal**
9.00 **History's Most Shocking**
10.00 **Weird Britain**
11.00 **Britain's X Files**
12.00 M'T **Paranormal Survivor** Documentary.
1.00 AM **UFO Chronicles**
2.00 **Mysteries from Above**
3.00 **Container Wars**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **Secrets of the Royal Palaces**
11.00 **Ben Fogle: New Lives in the Wild** Morocco.
12.00 NOON **All Creatures Great and Small** (S3)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
4.30 **Around the World by Train with Tony Robinson** Himalayas.
5.00 **Alcatraz: What Lies Beneath?** Documentary.
6.00 **Sunken Warships: Secrets from the Deep**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Taggart** *Out of Bounds*.
11.05 **Ellis** 3/4. (S2)
12.05 AM **Queen Victoria & the Groomsman: The Scandal That Nearly Brought Down the Empire** Documentary.
1.40 **Murder, She Wrote**
2.40 **Alcatraz: What Lies Beneath?** Documentary.
3.35 **to 4.00** AM **Walking Wartime Britain**

Challenge
130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
2.00 **Bridge of Lies**
3.00 **The Chase** Quiz show.
4.00 **Celebrity Who Wants to Be a Millionaire?**
5.00 **The Bidding Room**
6.00 **Tenable** Game show.
7.00 **The Chase Celebrity Special** Quiz show.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** With guests Julia Goulding, Oz Clarke, Laura Hamilton and Mr Motivator.
11.00 **Bullseye** Double bill.
12.00 M'T **Bridge of Lies**
1.00 AM **The Chase** Quiz.
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC
133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the comedy, including at: **8.00** 5/24. Howard and Raj clash over a show. **8.30** 6/24. Howard causes trouble. (S12)
9.00 **90 Day Fiancé** New edition Catie and Josh argue over finances, a Halloween fiasco leads to drama between Debby and Mido, while Edward attempts to bond with Marissa's kids.
11.00 **Dr Pimple Popper**
12.00 M'T **Mike & Molly**
1.00 AM **Dr Pimple Popper**
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central
112/113 135 132 345 360

8.00 AM **Mr Bean** (S1)
9.00 **Everybody Loves Raymond** 21-24/25. (S2)
11.00 **The Upper Hand**
1.00 PM **Friends** (S5&6)
8.00 **Friends** 6/25. Joey and Chandler celebrate their last night as flatmates. **8.30** 7/25. Rachel is embarrassed by Phoebe's jogging style. (S6)
9.00 **Alan Carr: Yap, Yap, Yap!** Stand-up comedy.
10.00 **Iain Stirling: Comedy Central Live**
10.30 **Amy Schumer: Comedy Central Live**
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **8 Out of 10 Cats**
1.40 AM **Teachers** (S3)
2.10 **Utopia** 8/8. (S5)
2.45 **Reno 911!** 4/16. (S5)
3.10 **Key & Peele**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154

6.00 AM **Everybody Loves Raymond** (S2)
6.50 **Rosie Jones Tries to Help** With Sophie Duker.
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Show** As 7.00pm.
11.00 **Friends** 5-8/25. (S3)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** (S2)
7.00 **Michael McIntyre's Big Show** With Danny Dyer.
8.00 **The Upper Hand** (S3)
9.00 **Friends** Eight episodes.
1.00 AM **Michael McIntyre's Easter Night at the Coliseum** Stand-up.
2.00 **Michael McIntyre's Big Show** As 7.00pm.
3.00 **Most Ridiculous**
3.45 **Impractical Jokers**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV
171 150 56 42

8.00 AM **Highlights**
10.05 **Bread** 4/14. (S6)
10.45 **Steptoe and Son** (S8)
11.20 **Oh, Doctor Beeching!**
11.55 **Rising Damp** 2/6. (S4)
12.25 PM **Man About the...**
1.00 **Goodnight Sweetheart**
1.35 **When the Boat Comes In** 10/15. Drama. (S3)
2.35 **Minder** 5/13. (S3)
3.45 **Just Good Friends**
4.25 **Man About the House**
4.55 **Bread** 4/14. (S6)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.15 **Rising Damp** 1/6. (S4)
6.45 **Steptoe and Son** (S8)
7.20 **Whatever Happened to the Likely Lads?** (S2)
7.55 **Minder** 13/13. (S9)
9.00 **Benidorm** 7/7. (S5)
10.00 **Shameless** 8/8. (S4)
11.35 **Man About the House**
12.05 AM **Mind Your Language**
12.35 **Benidorm** 7/7. (S5)
1.35 **Minder** 9/13. (S3)
2.35 **Duty Free** 2/7. (S2)
3.00 **to 5.00** AM **Highlights**

MTV
126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
11.00 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: The TV Show** Double bill.
2.00 PM **Catfish: Repeat Offenders**
3.00 **Catfish: The TV Show**
4.00 **Judge Judy**
6.00 **Teen Mom: The Next Chapter** Reality series.
7.00 **Rich Kids Go Skint** The son of an entrepreneur stays with a single mum.
8.00 **Judge Judy** Real-life small-claims cases.
9.00 **Skin A&E** Dr Nelson is shocked by a DIY attempt to treat a cyst.
10.00 **Tattoo Fixers**
11.00 **Geordie Shore**
12.00 M'T **Ink Master: Angels**
1.00 AM **Ink Master: Revenge**
2.45 **Ink Master**
3.35 **to 4.00** AM **Just Tattoo of Us USA**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush: White Water**
11.00 **Buying Alaska** Four editions.
1.00 PM **Dr Jeff: Rocky Mountain Vet** Double bill of editions.
3.00 **How It's Made** Four editions of the series, including at: **4.30** Kayaks, safety boots, electronic signs and cereal.
5.00 **Alaska: Homestead Rescue** The Raneys help a family in Northern California. **6.00** The Raneys work to help out a family in Idaho.

9.00 Expedition Files

7.00 Gold Rush: Mine Rescue with Freddy & Juan Freddy and Juan face their most high-stakes treasure hunt yet as they help an overwhelmed miner find gold on 288 claims across 6,000 acres.

9.00 Expedition Files New edition Josh Gates investigates Jim Morrison's mysterious death and a mermaid-like creature.

10.00 Mystery at Blind Frog Ranch New edition The team descend into the secret entrance and find the Keyhole Chamber.

11.00 **The Alaska Triangle** Experts examine the possibility of an interdimensional portal.
12.00 M'T **Deadliest Catch**
1.00 AM **Expedition Files**
2.00 **Mystery at Blind Frog Ranch**
3.00 **Edge of Alaska**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **River of No Return**
10.00 **Tanked** An aquarium.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Two cats are ferocious when together. **4.00** Jackson Galaxy helps out a family in Portland.
5.00 **Lone Star Law** A pair of raccoons need to be trapped.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff treats a bloodhound puppy that refuses to eat.

5.00 Lone Star Law

7.00 Treehouse Masters Pete Nelson sets out to create a treehouse bed-and-breakfast designed for romance.

8.00 Intruders In California, a mother battles to protect her special-needs son from venomous snakes.

9.00 Alaska: The Last Frontier Otto's hay season nearly comes to a halt when a broken tractor forces him to get creative.

10.00 Alaskan Bush People: Bushcraft Chronicles The Browns share their thoughts on inventive means of transportation.

11.00 **The Haunted** Documentary.
12.00 M'T **Crikey! It's the Irwins** Terri helps determine if a rhino is pregnant.
1.00 AM **Richard E Grant's Seven Deadly Sins** The roots of lust.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **World's Greatest Train Journeys from Above**
11.00 **Car S.O.S** A Citroën SM.
12.00 NOON **Seconds from Disaster**
1.00 PM **Air Crash Investigation**
2.00 **Apocalypse: Hitler Takes on the West** Double bill.
4.00 **Strangest Things** Looking at a quest for immortality.
5.00 **Lost Nukes of the Cold War: Drain the Oceans** Shocking secrets of the Cold War.
6.00 **World War II: Secrets from Above** Series highlights.

8.00 Inside the SS

7.00 Air Crash Investigation A terrorist group claims responsibility when a plane crashes 20 minutes after taking off in Egypt.

8.00 Inside the SS Hitler's private army, formed in 1925 from volunteers who were subjected to intense propaganda.

9.00 Inside the SS A look at the role of the SS in the Holocaust, with many volunteering to run the death camps.

10.00 Mega Marine Machines Crews at the most critical link in America's industrial chain battle ice, time and brutal conditions.

11.00 **Air Crash Investigation** A plane that fell out of the sky near Luxembourg airport.
12.00 M'T **Border Protection Spain** Drug traffickers throw their cargo into the water.
1.00 AM **To Catch a Smuggler**
2.30 **Primal Survivor**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

Sky History

123/124 115/116 131 353 368

6.00 AM **Curse of Skinwalker Ranch** Documentary.
6.30 **Pawn Stars** Four editions.
10.10 **Storage Wars** Four editions.
12.00 NOON **History's Greatest Aircraft** Hawker Hurricane.
1.00 PM **Salvage Kings**
3.00 **Hardcore Pawn** Six editions of the series, including at: **5.00** Ashley continues to low-ball and mistreat customers. **5.30** Seth and Ashley continue to bicker.
6.00 **American Pickers** Mike Wolfe nails a double deal.

9.00 The Witches of Salem

7.00 Forged in Fire Two competitors are tasked to re-create a sword wielded by some of history's fiercest soldiers.

8.00 Secrets of Great British Castles The history of Leeds Castle in Kent, from its origins as a royal Saxon family's manor.

9.00 The Witches of Salem How paranoia reached fever pitch as the demonic conspiracy terrorising Salem village grew.

10.00 Gangland Chronicles A look at trafficking organisation Sinaloa. **10.30** How John Gotti rose as the new don.

11.00 **Ancient Aliens** Unexplained phenomenon in Britain, from Stonehenge to crop circles and UFO sightings. **12.00** M'T Extraterrestrial influence on Norse deities, such as Odin and Thor.
12.55 AM **Hardcore Pawn**
3.40 **Ancient Aliens**
4.25 **American Pickers**
5.10 **to 6.00** AM **Pawn Stars**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Eighties**
7.00 **Discovering: Daniel Day-Lewis**
8.00 **The Directors**
9.00 **The Man Who Bought Cricket** 3/3. Documentary.
10.00 **The Civil War**
11.05 **History of the Sitcom**
12.00 NOON FILM **Man on Wire** Oscar-winning documentary. (2007, 12, 93min) ★★★★
2.00 PM **Dave Not Coming Back**
4.00 **The Directors**
5.00 **Discovering: Daniel Day-Lewis**
6.00 **I Am Johnny Cash** The life of the country singer-songwriter.

6.00 I Am Johnny Cash

7.45 The Bee Gees: How Can You Mend a Broken Heart Documentary exploring the history of the group, featuring contributions from surviving member Barry Gibb as well as archive interviews with his brothers Robin and Maurice.

10.00 Boyzone: No Matter What 3/3. Charting the band's split which came to an end when Mikey proposed a reunion.

11.00 **Rik Mayall: Magnificent B'stard** A documentary tribute to the actor and comedian.
1.00 AM **Chernobyl: The Lost Tapes** Documentary.
3.00 FILM **Dogtown and Z-Boys** Documentary narrated by Sean Penn. (2001, 15, 91min) ★★★
4.50 **My Icon: Moeen Ali**
5.00 **to 6.00** AM **Discovering: Daniel Day-Lewis**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Crystal Hunters** Double bill.
1.00 PM **Ant Anstead: Born Mechanic**
2.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** Model aircraft.
6.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House**
9.00 **The Repair Shop** A rusty rocking chair. **10.00** The team restore a shattered jewellery box.
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Atlanta** Four editions.
10.00 **Disappeared**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Love, Honor, Betray** Documentary.
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Nurses Who Kill**
4.00 **American Monster**
6.00 **Evil Lives Here**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV** The case of Andrew Nesbitt, found dead on his 46th birthday.
9.00 **Hollywood Demons** A look at some of the dark secrets behind *The Jerry Springer Show*.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** The case of James Fairweather, a 15-year-old who was obsessed with murder.
8.00 **UK Crime Files: Double Murders** A case involving an apparent suicide plot.
9.00 **UK Crime Files: Saturday Night Strangler** A look at the case of Joseph Kappen.
10.00 **Murder by the Sea** A police chase to find murderer Philip Manning.
11.00 **Secrets of a Murder Detective** True-crime.
12.00 M'T **UK Crime Files: Double Murders**
1.00 AM **UK Crime Files: Saturday Night Strangler** As 9.00pm.
2.00 **Murder by the Sea**
3.00 **Murder UK**
4.00 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: The Body in the Suitcase**
9.55 **UK Crime Files: The Murder of an Author**
10.45 **Teleshopping**
11.00 **Secrets of a Murder Detective** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: The Twilight Killers**
3.00 **UK Crime Files: Murder Without Motive**
4.00 **Secrets of a Murder Detective** Documentary.
5.00 **Medical Detectives** A sex offender and murderer attacks. **5.30** An explosion ends the life of a farmhand. **6.00** A college student is stabbed to death. **6.30** Someone hurting Texas law enforcement.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Cops**
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Caught on Dashcam**
12.00 NOON **Killer in My Village** Kayleigh Dunning.
1.00 PM **Murdered at First Sight** Robin Chard.
2.00 **World's Most Evil Killers**
3.00 **Killing Mum and Dad**
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
6.00 **Catching the Killer**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **How I Caught the Killer**
10.00 **The Real CSI: Miami**
11.00 **Britain's Most Evil Killers**
12.00 M'T **World's Most Evil Killers** Richard Kuklinski.
1.00 AM **Catching the Killer**
2.00 **Murdered at First Sight**
3.00 **Caribbean Cops**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Treasures Decoded**
9.15 **Edward VIII: Britain's Traitor King**
10.20 **Victorian Britain on Film** As 8.20pm.
11.55 **The War** As 9.50pm.
1.00 PM **Weathered: Earth's Extremes**
1.35 **Treasures Decoded**
2.35 **Edward VIII: Britain's Traitor King**
3.40 **Victorian Britain on Film** As 8.20pm.
5.10 **The War** As 9.50pm.
6.20 **Treasures Decoded**
7.20 **Edward VIII: Britain's Traitor King**
8.20 **Victorian Britain on Film** Some of the first footage ever captured with the invention of the motion picture camera.
9.50 **The War** General MacArthur's campaign to liberate the Philippines.
10.55 **Edward VIII: Britain's Traitor King**
12.00 M'T **to 2.00** AM **Victorian Britain on Film**

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Hope for Wildlife**
7.00 **Monkey Life**
8.00 **Coastal Africa**
9.00 **Great Blue Wild**
10.00 **Weird, Wild and Wonderful**
11.00 **Secrets of the Enchanted...**
12.00 NOON **Nature's Dress Code: Who Wears What and Why?**
1.00 PM **Monkey Life**
2.00 **Coastal Africa**
3.00 **Great Blue Wild**
4.00 **Woodpeckers: The Hole Story**
5.00 **Secrets of the Enchanted Waters** Documentary.
6.00 **Attenborough and the Giant Elephant** Documentary.
7.00 **Monkey Life** Double bill.
8.00 **Malawi Wildlife Rescue**
9.00 **Wildlife ER**
10.00 **Deep in the Heart**
11.00 **Secrets of the Enchanted Waters** Documentary.
12.00 M'T **Land of Primates**
1.00 AM **Hope for Wildlife**
2.00 **Malawi Wildlife Rescue**
3.00 **Wildlife ER**
4.00 **Coastal Africa**
5.00 **to 6.00** AM **Great Blue Wild**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Life After People**
9.00 **Combat Trains**
10.00 **Secret Wars Uncovered**
11.00 **Ancient Aliens**
1.00 PM **Colosseum**
6.00 **Mysteries from Above**
7.00 **UFO Hunters** NASA footage of reported UFOs and alien presence, with comment from former Apollo astronaut Edgar Mitchell and ex-NASA contractor Donna Hare.
8.00 **Hitler's Coup 1923** The infamous Beer Hall Putsch, an attempt by Adolf Hitler to take power in Germany by force. It was a day that would change the world for ever, birthing Hitler's regime.
9.00 **Alien Corridors** The Falkirk Triangle, which has plentiful reports of abduction, missing persons and unexplained interference on airport radar.
10.00 **Evidence of the Unexplained**
11.00 **Ancient Aliens**
1.00 AM **UFO Hunters**
2.00 **to 6.00** AM **Colosseum**

Discovery Science

167 148 179

8.00 AM **NASA's Unexplained Files**
9.00 **Killers of the Cosmos**
11.00 **You Have Been Warned**
1.00 PM **Richard Hammond's Big**
3.00 **How the Universe Works**
6.00 **How Do They Do It?**
9.00 **Lost Beasts of the Ice Age** Phil Torres and Dr Tori Herridge go on a journey to Siberia for the biggest ever Ice Age dig, unearthing a treasure trove of animals buried in the ground for thousands of years.
11.00 **Cooper's Treasure** Treasure hunter Darrell Miklos attempts to decode and follow a 'treasure map' created by his idol, former NASA astronaut Gordon 'Gordo' Cooper. **12.00** M'T After finding evidence of a 1700s-era lifeboat near shore, Darrell and the team discover the shipwreck it came from, but a sudden tragedy hits the expedition.
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Truth Behind the Moon Landing**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Fugitive Hunters: Mexico**
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Nightmare in Suburbia**
2.00 PM **Green Eyed Killers**
3.00 **Witness to Murder: Digital Evidence** Triple bill.
6.00 **On the Case with Paula Zahn**
7.00 **The First 48**
8.00 **Green Eyed Killers** A Florida woman is shot dead at a gym.
9.00 **K9 PD with Jim Belushi** New editions Double bill.
10.00 **NEW SERIES Squatters** Documentary about a team that help homeowners evict squatters. **10.30** New edition A house is taken over by a squatter who tries to rent out the rooms.
11.00 **Crime in Progress**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
9.00 **Secrets of the Zoo: North Carolina** Documentary.
10.00 **America's Wild Southwest**
11.00 **Fish Tank Kings**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Snakes in the City**
2.00 **Antarctica**
3.00 **World's Weirdest**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo** The staff prepare a home for an orphaned baby gorilla.
8.00 **Africa's Wild Geniuses** Wildlife that have adapted to Africa's most extreme environments.
9.00 **Africa's Wild Side: Dynasties** Animal dynasties fight to raise their families in Botswana.
10.00 **Northwoods Survival**
11.00 **Ice Road Rescue**
12.00 M'T **Alaska Animal Rescue**
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Fish Tank Kings**

Discovery History

161/172 147 181

7.00 AM **Tony Robinson's VE Day: Minute by Minute**
8.00 **Combat Dealers**
9.00 **Blowing Up History**
11.00 **Salvage Hunters**
1.00 PM **How the Universe Works**
2.00 **Aliens in Alaska**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** Scientists hunt for the next deadly supernova.
8.00 **Tony Robinson's VE Day: Minute by Minute** The key events that made VE Day such a momentous 24 hours.
9.00 **Ancient Unexplained Files** Experts explore an ancient burial ground in Germany.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Operation Arctic**
12.00 NOON **Ireland with Simon Reeve** 1/2. Documentary.
1.00 PM **Operation Arctic**
4.00 **Ireland with Simon Reeve**
5.00 **Bread** 4/11. Lilo Lill is back at the allotment with Freddie, and Shifty has a surprise for Marina. **5.40** 5/11. The new shop is vandalised, and Billy loses a vanload of organic vegetables. **6.20** 6/11. Billy is feeling neglected, while Nellie has made the momentous decision to go away with Derek. **7.00** 7/11. Nellie gets away with Derek for a weekend in the Cotswolds, leaving Aveline in charge of the cooking. **7.40** 8/11. Adrian struggles with celebrity as Jack and Leonora's relationship blooms. Meanwhile, Grandad gets a reminder from the past. **8.20** 9/11. Adrian obsesses over a new love, and Jack is besotted with Leonora. (S7)
9.00 PM **to 6.00** AM **Bread**

+1hour 266 376

ID

154 140 166

8.00 AM **Faking It: Tears of a Crime**
12.00 NOON **Where Murder Lies**
1.00 PM **American Monster**
3.00 **Evil Lives Here**
7.00 **Still a Mystery** A college student sends his sister a mysterious text about leaving the country. Later, his body turns up in a lake, weighed down by a backpack full of rocks. **8.00** A case in which a Georgia man suffered 17 stab wounds while on a hunting trip.
9.00 **The Real Murders on Elm Street** A hunter finds bones in the Pennsylvania woods.
10.00 **Spooked Scotland** The team investigate poltergeist activity at the Tron Theatre in Glasgow.
11.00 **Portals to Hell** Katrina Weidman and Jack Osbourne visit Philadelphia to investigate the historic Fort Mifflin. **12.00** M'T Alleged doorways to the spirit underworld.
1.00 AM **Kindred Spirits**
2.00 **Evil Lives Here**
4.00 **to 6.00** AM **Still a Mystery**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Big**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Garage Rehab**
2.00 **Ant Anstead Master Mechanic**
3.00 **Hand Built Hot Rods**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Faster with Finnegan**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Faster with Finnegan** A challenge involving a Mustang and a Chevy Malibu.
9.00 **Outback Truckers** Jim Foody transports medical supplies through flood-ravaged roads.
10.00 **G.A.S. Extreme Customs** Beau Boeckmann and the crew resurrect a Pantera.
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Faster with Finnegan**
1.00 AM **Richard Hammond's Big**
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Grand Prix of Europe** Animation. (2025, U, 98min)
7.40 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
9.15 **PREMIERE Anaconda** (2025)
11.00 **Carolina Caroline** Thriller. (2025, 15, 105min) ★★★★
12.55 PM **Anemone** (2025, 15) ★★★
3.00 **Bugonia** (2025, 15) ★★★★
5.00 **Wicked: For Good** Fantasy. (2025, PG, 137min) ★★★
7.30 **The Odyssey Special**

9.45 Civil War

8.00 **PREMIERE Anaconda** Comedy adventure starring Jack Black and Paul Rudd. Two friends encounter a terrifying creature while remaking a movie. (2025, 12, 99min) ★★★ *See review, page 24.*
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Civil War** Action thriller starring Kirsten Dunst. In a dystopian America, a team of journalists race to the White House before a faction of rebels get there. (2023, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Redux Redux** Fantasy thriller starring Michaela McManus. A woman travels through parallel universes, repeatedly killing her daughter's murderer. (2025, 15, 109min) ★★★★
1.45 AM **Lee Cronin's The Mummy** Supernatural horror starring Jack Reynor and Natalie Grace. (2026, 18, 134min) ★★★
4.05 **to 6.00** AM **Mile End Kicks** Comedy with Barbie Ferreira. (2025, 15, 111min) ★★★★

Sky Cinema Directors

303 303 403 503 517

7.40 AM **The Cinema List: Heroes**
8.00 **Caught Stealing** Comedy thriller. (2025, 15) ★★★★
10.00 **The Fifth Element** Fantasy. (1997, PG, 126min) ★★★★
12.10 PM **Juror #2** Legal thriller. (2024, 12, 113min) ★★★★
2.10 **Gravity** (2013, 12) ★★★★★
3.45 **Arrival** Sci-fi drama. (2016, 12, 116min) ★★★★★
5.45 **The Odyssey Special**
6.15 **Get Out** Psychological thriller. (2017, 15, 104min) ★★★★★

8.00 The Running Man

8.00 **The Running Man** Director Edgar Wright's comedy thriller based on the Stephen King story, starring Glen Powell and Lee Pace. Desperate to save his sick daughter, a man enters a deadly televised competition. (2025, 15, 133min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **28 Years Later** Danny Boyle's horror sequel starring Jodie Comer and Aaron Taylor-Johnson. Decades since the rage virus took hold, one survivor leaves the safety of a fortified island on a mission into the mainland. (2025, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Dog Day Afternoon** Sidney Lumet's comic thriller. (1975, 15, 130min) ★★★★
2.30 **The Lost Boys** Vampire tale. (1987, 15, 98min) ★★★★
4.15 **to 6.10** AM **Trap** Thriller. (2024, 15, 105min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.10 AM **Poison** As 5.30am.
7.45 **The Breakfast Club** John Hughes' comedy drama. (1984, 15, 97min) ★★★★
9.25 **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★★
11.35 **Exhibiting Forgiveness** Drama. (2024, 15, 117min) ★★★
1.40 PM **True Grit** Oscar-winning Western starring John Wayne. (1969, PG, 128min) ★★★★★
3.50 **Don't Let's Go to the Dogs Tonight** Drama written, directed by and starring Embeth Davidtz. (2024, 15, 99min) ★★★★
5.35 **Molly's Game** Fact-based drama starring Jessica Chastain. (2017, 15, 137min) ★★★★
8.00 **Regretting You** Melodrama starring Allison Williams. (2025, 12, 116min) ★★★
10.00 **The Green Mile** Supernatural prison drama with Tom Hanks and Michael Clarke Duncan. (1999, 18, 189min) ★★★★
1.20 AM **...And Justice for All** Satirical black comedy starring Al Pacino and Jack Warden. (1979, 15, 119min) ★★★
3.35 **Don't Let's Go to the Dogs Tonight** As shown at 3.50pm.
5.30 **to 7.15** AM **Poison** Drama. (2024, PG, 86min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.50 AM **The Cinema List: Spielberg**
7.05 **Gator Creek** As 3.50am.
8.45 **47 Metres Down** Horror. (2017, 15, 89min) ★★★
10.25 **Presence** As 5.30am.
12.05 PM **Constantine** Supernatural horror. (2005, 15, 121min) ★★★
2.15 **Companion** Sci-fi horror. (2024, 15, 97min) ★★★★
4.00 **M3GAN 2.0** Thriller sequel. (2025, 15, 120min) ★★★
6.10 **Annabelle** Horror spin-off from *The Conjuring*, starring Annabelle Wallis and Ward Horton. (2014, 15, 97min) ★★
8.00 **Annabelle: Creation** Horror starring Anthony LaPaglia, Samara Lee and Miranda Otto. (2017, 15, 109min) ★★★
10.05 **Him** Supernatural horror starring Marlon Wayans and Tyriq Withers. A young athlete descends into a world of terror when he is invited to train with a champion. (2025, 18, 96min) ★★★
11.55 **The Crazies** Horror remake. (2010, 15, 101min) ★★★★
1.45 AM **The Exorcist** Occult chiller. (1973, 18, 121min) ★★★★★
3.50 **Gator Creek** Horror thriller. (2025, 15, 87min) ★
5.30 **to 7.10** AM **Presence** Horror. (2024, 15, 84min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.30 AM **Wallace & Gromit: The Curse of the Were-Rabbit**
8.00 **Look Who's Talking Now**
9.40 **Grand Prix of Europe** (2025)
11.20 **The Angry Birds Movie**
1.00 PM **The Angry Birds Movie 2**
2.40 **Grand Prix of Europe** (2025)
4.25 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
6.00 **Lemony Snicket's A Series of Unfortunate Events** Fantasy. (2004, PG, 103min) ★★★★

6.00 A Series of Unfortunate...

7.50 **Teenage Mutant Ninja Turtles** Fantasy starring Megan Fox. Four humanoid amphibians use their martial arts skills to protect New York from a criminal organisation. (2014, 12, 101min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Teenage Mutant Ninja Turtles: Out of the Shadows** Fantasy adventure sequel starring Megan Fox, Will Arnett and Stephen Amell. (2016, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **E.T. The Extra Terrestrial** Steven Spielberg's sci-fi fantasy with Henry Thomas. (1982, U, 114min) ★★★★★
1.25 AM **The Angry Birds Movie** Animated comedy adventure. (2016, U, 97min) ★★★
3.05 **The Angry Birds Movie 2** Animated comedy sequel. (2019, U, 93min) ★★★
4.45 **to 6.15** AM **Yogi Bear** Comedy with the voice of Dan Aykroyd. (2010, U, 81min) ★★★

Sky Cinema Action

306 306 407 507 521

7.00 AM **Green Lantern** Adventure. (2011, 12, 114min) ★★
8.55 **Novocaine** Action comedy. (2024, 15, 80min) ★★★
10.50 **Gladiator II** Historical drama sequel starring Paul Mescal. (2024, 15, 148min) ★★★
1.25 PM **Robin Hood: Prince of Thieves** Fantasy. (1991, PG) ★★
3.50 **Spider-Man: Homecoming** Adventure. (2017, 12) ★★★★
6.10 **The Beekeeper** Action thriller. (2023, 15, 105min) ★★★

10.30 Inglourious Basterds

8.00 **Spider-Man: No Way Home** Fantasy adventure sequel starring Tom Holland. Peter Parker asks Doctor Strange for help to change the past, only to face foes from parallel universes. With Benedict Cumberbatch. (2021, 12, 148min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **Inglourious Basterds** Quentin Tarantino's darkly comic World War Two action movie starring Brad Pitt, Mélanie Laurent and Christoph Waltz. (2009, 18, 153min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.05 AM **The Italian Job** Crime caper starring Michael Caine. (1969, PG, 100min) ★★★★★
2.50 **The Meg** Action thriller starring Jason Statham. (2018, 12, 113min) ★★★
4.50 **to 6.35** AM **Long Gone Heroes** Action thriller starring Eden Brolin and Andy Garcia. (2024, 15, 101min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.35 AM **So I Married an Axe Murderer** (1993, 15) ★★★
9.20 **Dumb and Dumber** (1994)
11.20 **Dumb and Dumberer: When Harry Met Lloyd** (2003, 12) ★
12.50 PM **Ace Ventura Pet Detective** Comedy. (1993, 12) ★★★★
2.30 **Ace Ventura: When Nature Calls** (1995, PG) ★★★
4.15 **PREMIERE** **Anaconda** Comedy. (2025, 12, 99min)
6.10 **About Last Night** Comedy remake. (2014, 15, 98min) ★★

8.00 Bridget Jones: Mad...

8.00 **Bridget Jones: Mad About the Boy** Romantic comedy sequel starring Renée Zellweger. Recently widowed Bridget enters the dating game again, caught between her son's science teacher and a younger man. (2024, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Beverly Hills Cop 3** Comedy thriller sequel starring Eddie Murphy. Street-smart cop Axel Foley discovers that an LA theme park is a front for a counterfeiting gang. (1994, 15, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **The Whole Nine Yards** Black comedy. (2000, 15) ★★★
1.30 AM **Mamma Mia! Here We Go Again** Musical sequel. (2018, PG, 114min) ★★★★
3.25 **Eddie the Eagle** Biopic. (2016, PG, 103min) ★★★
5.15 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Thriller

309 309 409 509 523

7.10 AM **Naked Singularity** Crime comedy. (2021, 15) ★★★
9.00 **Caddo Lake** Mystery thriller. (2024, 12, 99min) ★★★
10.50 **The Perfect Storm** Fact-based action drama. (2000, 12, 129min) ★★★★
1.15 PM **Red Dragon** Crime thriller. (2002, 15, 124min) ★★★
3.35 **Hotel Mumbai** Thriller. (2018, 15, 123min) ★★★★
5.50 **Now You See Me** Thriller. (2013, 12, 115min) ★★★

10.15 Snatch

8.00 **Now You See Me 2** Crime thriller sequel starring Jesse Eisenberg, Mark Ruffalo and Daniel Radcliffe. A gang of magicians-turned-criminals reunite to expose the illegal activities of a ruthless businessman. (2016, 12, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Snatch** Crime comedy starring Jason Statham, Benicio Del Toro and Brad Pitt. A group of small-time British crooks plan to steal a diamond from an American mobster. (2000, 18, 102min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Lethal Weapon 2** Action comedy thriller sequel. (1989, 15, 110min) ★★★★
2.05 **Falling Down** Drama. (1993, 18, 115min) ★★★★
4.05 **Thieves Highway** Thriller. (2025, 15, 110min) ★★★
5.40 **to 7.40** AM **Sharp Corner** Thriller. (2024, 15) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Howards End** Merchant-Ivory period drama. (1991, PG, 142min) ★★★★★
1.50 PM **Tora! Tora! Tora!** War epic starring Martin Balsam. (1970, U, 144min) ★★★
4.40 **Tolkien** JRR Tolkien biopic starring Nicholas Hoult. (2019, 12, 112min) ★★★★
6.50 **Fisherman's Friends** Comedy drama starring James Purefoy. (2019, 12, 112min) ★★★

11.05 X

Fisherman's Friends (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Morbius** Comic-book adventure starring Jared Leto. A biochemist tries to cure himself of a rare blood disease, but he inadvertently infects himself with a form of vampirism. With Matt Smith and Adria Arjona. (2022, 12, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.05 **X** Horror starring Mia Goth. A group of film-makers set out to make an adult film in rural Texas, but the cast find themselves fighting for their lives. (2022, 18, 105min) ★★★
1.10 **to 3.00** AM **Pig** Drama starring Nicolas Cage. A truffle hunter must return to his past in search of his kidnapped pig. (2021, 15, 92min) ★★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema 2026 Recap

302 302 402 502 516

6.35 AM **Sketch** Fantasy comedy. (2025, 12, 93min) ★★★★
8.15 **Tafiti: Across the Desert** Animated family adventure. (2025, PG, 81min) ★★★
9.45 **Super Charlie** Animation. (2025, PG, 82min) ★★★
11.15 **Flavia** Family adventure. (2026, PG, 105min) ★★★
1.00 PM **Hostages** Comedy thriller. (2025, 15, 90min) ★★★
2.45 **Sisu: Road to Revenge** Finnish action sequel. Partly subtitled. (2025, 15, 89min) ★★★★
4.25 **Nobody 2** Comedy thriller sequel. (2025, 15, 89min) ★★★
6.05 **Carolina Caroline** Crime thriller starring Samara Weaving. (2025, 15, 105min) ★★★★
8.00 **Superman** Fantasy adventure starring David Corenswet. (2025, 12, 129min) ★★★★
10.15 **The Shadow's Edge** Action thriller starring Jackie Chan. (2025, 15, 141min) ★★★
12.40 AM **Bring Her Back** Mystery thriller starring Billy Barratt, Sora Wong and Sally Hawkins. (2025, 18, 104min) ★★★★
2.30 **Caught Stealing** Comedy thriller starring Austin Butler. (2025, 15, 107min) ★★★★
4.20 **to 6.00** AM **Hostages** (2025)

Sky Cinema Greats

307 307 404 504 518

7.00 AM **Critters** As 4.40am.
8.30 **Interview with the Vampire** Horror with Tom Cruise and Brad Pitt. (1994, 18, 122min) ★★★★
10.35 **Mad Max** Cult action thriller. (1979, 15, 93min) ★★★★★
12.10 PM **Mad Max 2** Thriller sequel. (1981, 15, 95min) ★★★★
1.50 **Mad Max Beyond Thunderdome** Futuristic thriller sequel. (1985, 15, 107min) ★★★
3.40 **Logan's Run** Sci-fi adventure. (1976, PG, 115min) ★★★★
5.40 **Godzilla** Hollywood remake of the Japanese monster movie. (1998, PG, 139min) ★★★
8.00 **Jurassic Park** Steven Spielberg's monster thriller based on Michael Crichton's bestseller, starring Sam Neill. (1993, PG, 127min) ★★★★★
10.10 **The Lost World: Jurassic Park** Steven Spielberg's adventure sequel starring Jeff Goldblum. (1997, PG, 129min) ★★★
12.20 AM **Se7en** Dark thriller starring Brad Pitt and Morgan Freeman. (1995, 18, 127min) ★★★★
2.30 **Logan's Run** As 3.40pm.
4.40 **to 6.20** AM **Critters** Sci-fi horror comedy starring Dee Wallace Stone and M Emmet Walsh. (1986, 15, 86min) ★★

Disney+ Cinema

305 305

6.00 AM **A Goofy Movie** Adventure. (1995, U, 78min) ★★
7.25 **Monsters, Inc** Animation. (2001, U, 95min) ★★★★★
9.05 **Hercules** Animated musical. (1997, U, 92min) ★★★★
10.40 **Percy Jackson: Sea of Monsters** Fantasy sequel. (2013, PG, 102min) ★★★
12.30 PM **Up** Animated adventure. (2009, U, 96min) ★★★★★
2.10 **Frozen** Animated musical. (2013, PG, 108min) ★★★★
3.55 **Maleficent** Fairytale adventure reworking of *Sleeping Beauty*. (2014, PG, 97min) ★★★★
5.35 **WALL•E** Animated adventure. (2008, U, 98min) ★★★★★
7.15 **Freaky Friday** Fantasy remake. (2003, PG, 97min) ★★★
9.00 **John Carter** Fantasy adventure. (2012, 12, 126min) ★★★
11.10 **Deadpool & Wolverine** Superhero adventure sequel. (2024, 15, 128min) ★★★★
1.20 AM **(500) Days of Summer** Offbeat romantic comedy. (2009, 12, 95min) ★★★★
3.00 **The Grand Budapest Hotel** Wes Anderson's comedy drama. (2014, 15, 99min) ★★★★★
4.45 **to 6.00** AM **The Tigger Movie** Cartoon. (2000, U, 77min) ★★★

Movies 24

312 313 419

7.00 AM **A Carol For Two** Festive drama. (2024, PG, 90min) ★★
9.00 **Deck The Halls on Cherry Lane** Festive drama anthology. (2024, PG, 90min) ★★
11.00 **To Have and To Holiday** Festive drama. (2024, PG, 90min) ★★
1.00 PM **The More the Merrier** Drama. (2025, PG, 90min) ★★
3.00 **Following Yonder Star** Festive drama. (2024, PG, 84min) ★★
5.00 **The Christmas Quest** Festive adventure with Lacey Chabert. (2024, PG, 90min) ★★
7.00 **The Secret Gift of Christmas** Festive drama starring Meghan Ory and Christopher Russell. (2023, PG, 90min) ★★
9.00 **Christmas with the Singhs** Comedy starring Anuja Joshi and Benjamin Hollingsworth. An engaged couple find their first Christmas together is not the romantic fairytale they planned. (2024, PG, 84min) ★★
11.00 **A Novel Noel** Festive romantic drama. (2024, PG, 90min) ★★
1.00 AM **Holiday Crashers** Comedy. (2024, PG, 90min) ★★
3.00 **to 5.00** AM **12 Days of Christmas Eve** (2022, PG) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Della** Thriller. (1965, PG) ★★
7.20 **There Was a Young Lady** Comedy. (1952, b/w, U) ★★
9.00 **The Velvet Touch** Mystery. (1948, b/w, PG, 92min) ★★
10.55 **Cinebox Memories**
11.00 **The Lucy Show** 10/22. (S5)
11.30 **Star Performance** 36/41. (S4)
12.00 NOON **Danger UXB** 12/13. (S1)
1.05 PM **Edgar Wallace Mystery Theatre** *The Partner:* 1/11. (S5)
2.15 **The Adventures of Robin Hood**
2.45 **Crooks Anonymous** Comedy. (1962, b/w, U, 87min) ★★
4.30 **The Cheaters** 8/27. (S2)
5.00 **A Family at War** 11/13. (S1)
6.00 **Hannay** 5/7. (S2)
7.00 **Z Cars** 26/42. (S3)
8.00 **Public Eye** 11/13. (S5)
9.05 **The Executioner** Thriller starring George Peppard and Joan Collins. (1970, PG, 110min) ★★
11.20 **Cellar Club with Caroline Munro**
11.25 **Supernatural** 3/8. (S1)
12.25 AM **Cellar Club with Caroline...**
12.30 **The Terror** Horror starring Jack Nicholson. (1963, 12, 81min) ★
2.05 **Cellar Club with Caroline Munro**
2.10 **Flic Story** Fact-based French thriller. (1975, 15, 112min) ★★★
4.25 **Cinebox Memories**
4.30 **The Vise** 10/39. (S1)
5.00 **to 6.00** AM **The Rogues**

Friday

Sky Sports Main Event

401 401 501 419 439

6.30 AM **LIVE The Open** Coverage of day two of the fourth Major of the year at Royal Birkdale Golf Club. American Scottie Scheffler took the lead at this stage last year at Portrush on 10-under, with England's 2022 US Open champion Matt Fitzpatrick one stroke behind. At the other end of the leaderboard, notable players to miss the cut included recent winners of this title Collin Morikawa and Cameron Smith, and five-time Major-champion Brooks Koepka. None of the amateurs in the field made the cut, which meant the Silver Medal would not be awarded for the first time since 2019.
9.00 PM **LIVE Women's T20 Blast** Coverage of the final held at The Oval in London. Last year's final saw Surrey take the trophy home thanks to a five-wicket victory over Birmingham Bears at this ground. The Bears made 153-9 in their 20 overs with Issy Wong top-scoring with 31 from 19 balls, before Surrey chased down their target with 20 balls to spare.
10.15 PM **to 6.00** AM **World Cup Report**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **Premier League Review**
9.00 FNF Bournemouth v Man United.
9.30 Premier League Highlights
10.00 SNF Everton v Chelsea.
10.30 Leeds United v Brentford.
11.00 Premier League Highlights
12.30 PM **FNF** West Ham United v Wolverhampton Wanderers.
1.00 Premier League Highlights Action from Brentford v Everton.
1.30 Highlights from Burnley v Brighton & Hove Albion.
2.00 Highlights from Crystal Palace v Newcastle United.
2.30 Nottingham Forest v Aston Villa staged at the City Ground.
3.00 SNF Liverpool v Fulham.
3.30 Premier League Highlights Sunderland v Tottenham Hotspur.
4.00 Chelsea v Manchester City.
4.30 MNF Hlts Manchester United v Leeds United from Old Trafford.
5.00 Premier League Review A look back at the 2025/26 season.
7.00 Premier League Stories
7.30 Netbusters Fast-paced highlights.
9.00 Premier League Review
11.00 Premier League Years
1.00 AM **PL Retro** Leicester City v Manchester United from 2014.
3.00 PL Greatest Games
4.00 to 6.00 AM **PL Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **Championship Retro**
8.00 Celtic's Invincibles
9.00 SPFL Greatest Games
9.30 EFL Greatest Games
10.00 EFL Cup Highlights 2013 final.
11.00 SPFL Highlights
11.30 EFL Greatest Games
12.00 NOON **EFL** Championship.
3.00 PM **SPFL Highlights**
3.30 EFL Greatest Games
4.00 EFL Cup Highlights
5.00 Best Goals: EFL Cup 2022/23
5.30 EFL Trophy Action from Bolton Wanderers v Plymouth Argyle.
6.00 EFL A chance to see Blackpool v Cardiff City in the 2009/10 Championship play-off final.
7.30 EFL Highlights from Reading v Swansea City in the 2010/11 Championship play-off final.
8.30 The Story of Frank Soo
9.00 SPFL Highlights Rangers v Celtic.
9.30 EFL Greatest Games
10.00 EFL Cup Highlights Chelsea v Liverpool in the 2023/24 final.
11.00 Best Goals: EFL Cup 23/24
11.30 EFL Trophy Peterborough United v Wycombe Wanderers.
12.00 M'T **EFL** The 2021 play-off finals.
3.00 AM **SPFL Highlights**
3.30 EFL Greatest Games
4.00 to 6.00 AM **EFL Cup Retro**

Sky Sports Cricket

405 405 505 422 442

6.30 AM **One-Day International Cricket** England v India.
7.30 International T20 Cricket
8.00 One-Day International Cricket
9.00 Nepal Climbing Cricket's Mountain Documentary.
9.30 The Hundred Bitesize
9.45 One-Day International Cricket
10.45 LIVE Women's T20 Blast Coverage of the first semi-final of Finals Day from The Oval, London.
2.15 PM **LIVE Women's T20 Blast** Coverage of the second semi-final of Finals Day from The Oval.
5.45 Best of ICC WT20
6.15 The Hundred Bitesize
6.30 LIVE Women's T20 Blast Coverage of the final staged at The Oval in London. Last year's final saw Surrey take the trophy home thanks to a five-wicket victory over Birmingham Bears.
10.15 Best of ICC WT20
10.45 Nepal Climbing Cricket's Mountain Documentary.
11.15 The Hundred Bitesize
11.30 One-Day International Cricket
12.30 AM **Nepal Climbing Cricket's Mountain** Documentary.
1.00 International T20 Cricket
5.30 to 6.00 AM **Best of ICC WT20**

Sky Sports Golf

406 406 506 423 443

6.00 AM **Chronicles of a Champion Golfer** Padraig Harrington.
6.30 LIVE The Open Coverage of day two of the Major at Royal Birkdale Golf Club in Southport, Merseyside. American Scottie Scheffler took the lead at this stage last year on 10-under.
9.00 PM **The Open** Action from day two of the fourth Major of the year.
10.00 This is Open Country
11.00 The Open – Official Films
1.00 AM **Chronicles of a Champion Golfer** Profiles of players.
2.00 The Open Action from day two.
3.00 to 6.00 AM **The Open Films**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
9.30 LIVE WTA & ATP Tennis Coverage from the WTA and ATP Tours, including ATP Swedish Open at Båstad Tennis Stadium, ATP Swiss Open at Roy Emerson Arena, ATP Croatia Open at Stadium Goran Ivanišević and WTA Iasi Open held at Baza Sportiva Ciric.
10.00 PM **ATP Tennis** Stuttgart Open.
11.00 WTA Tennis Bad Homburg Open.
12.00 M'T **Best of the US Open 2025**
2.00 AM **ATP & WTA Tour Classics**
4.00 to 6.00 AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Tour de France Men**
7.00 UCI Mountain Bike World Series
8.00 Tour de France Women
8.30 IFSC Climbing World Series
9.30 Classic Premier League
10.30 The Gruppetto Cycling news.
10.45 Tour de France Men Highlights
11.45 LIVE Tour de France Men Coverage from the 13th stage of the Grand Tour race, a 205.8km hilly route from Dole to Belfort.
5.30 PM **Tour de France Women**
6.00 UCI Mountain Bike World Series
6.30 Spirit of Yachting
7.00 IFSC Climbing World Series
8.00 Tour de France Men Highlights
9.00 Supercars Championship
11.00 World Rally Championship
11.30 MLB Plays of the Week
12.00 M'T **LIVE MLB New York Yankees v Los Angeles Dodgers.** The inter-league match staged at Yankee Stadium. Start-time **12.05am**.
3.00 AM **MLB Plays of the Week**
3.30 World Rally Championship
4.00 to 7.00 AM **LIVE AFL Port Adelaide Power v Fremantle Dockers.** Coverage of the match staged at Adelaide Oval. Bounce-up **4.15am**.

TNT Sports 2

411 414 522 409 431

6.00 AM **MLB** All Star Game.
9.00 TNT Sports Reload
9.30 WRC Review Rally Estonia.
10.30 LIVE World Rally Championship Coverage from stages one to three of the Rally Estonia in Tartu County.
1.30 PM **WRC: More Than Machine**
2.15 LIVE World Rally Championship Stages four, five and six of the Rally Estonia.
5.15 MotoGP Rewind
5.30 LIVE World Rally Championship Stage seven of the Rally Estonia in Tartu County.
7.30 TCR World Tour Review From Circuit Paul Ricard in Le Castellet.
8.00 AFL Another chance to see Sydney Swans v Adelaide Crows.
9.30 Ultimate Pool Group Five games in the Champions League.
11.00 The Muddy Roots of Football Documentary following a football team in the highlands of Ireland.
11.30 How industrial pollution has impacted the health of a team.
12.00 M'T **The Muddy Roots of Football** Four editions.
2.30 AM **UFC Fight Flashback**
3.30 World Superbike Highlights
4.30 to 6.00 AM **Ultimate Pool**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League** Hull Kingston Rovers v St Helens from 2025.
9.00 Super League Another chance to see Hull Kingston Rovers v Catalans Dragons from 2025.
12.00 NOON **NFL Highlights** Tampa Bay Buccaneers v Philadelphia Eagles from the 2025/26 season.
1.00 PM **Good Morning Football**
3.00 NFL Highlights Carolina Panthers v Seattle Seahawks.
4.00 Super League Highlights
5.00 NFL Bitesize Highlights New England Patriots v New York Jets.
5.15 Super Bowl LX Bitesize Seattle Seahawks v New England Patriots.
5.30 NBA Basketball Memphis Grizzlies v Philadelphia 76ers.
7.30 NBA on Fire A behind-the-scenes look at the latest action.
7.55 LIVE Super League Coverage from a rugby league match.
10.00 NBA on Fire The latest news.
10.30 Super League Highlights
11.00 NFL Highlights
12.00 M'T **The Insiders** NFL news.
1.00 AM **Super League Highlights**
2.00 to 6.00 AM **LIVE MMA: One Championship** ONE Fight Night 45 staged at Lumpinee Boxing Stadium in Bangkok, Thailand.

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **World Cup Report**
7.00 World Cup Breakfast Headlines surrounding the World Cup.
9.30 LIVE The Open Coverage of the featured groups on day two staged at Royal Birkdale Golf Club in Southport, Merseyside, focusing on a select group of players as they make their way around all 18 holes.
3.00 PM **LIVE The Open** Further coverage from the second day of the Major staged at Royal Birkdale Golf Club in Southport, Merseyside, with action dedicated to specifically tracking the progress of some of the leading contenders and star names in the race for the famous Claret Jug.
8.00 LIVE Super League Coverage from a rugby league match.
10.00 World Cup Report A round-up of all the day's World Cup news.
12.00 M'T **LIVE NBA Summer League** Coverage of the latest match from the summer series.
2.30 AM **NFL Highlights** Action from Dallas Cowboys v Los Angeles Chargers in the 2025/26 season.
3.30 Super League Highlights
4.00 to 6.00 AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **The Open** Day one highlights.
7.00 One-Day International Cricket
8.00 EFL Greatest Games
9.00 State of Origin Rugby League
10.00 Women's State of Origin
10.45 State of Origin Rugby League
11.00 NBA Basketball
1.00 PM **One-Day International Cricket** England v India.
2.00 Super League A match replay.
5.00 LIVE PGA Tour Golf Coverage of the second day of the Corales Puntacana Championship staged at the Puntacana Resort and Club in the Dominican Republic.
8.00 One-Day International Cricket Highlights from England v India.
10.00 State of Origin Rugby League
11.00 EFL Greatest Games
11.30 One Championship Weekly
12.00 M'T **LIVE NBA Summer League** Coverage of the latest match from the summer series.
2.30 AM **PL Greatest Games**
3.45 LIVE NRLW Canberra Raiders v Sydney Roosters. From GIO Stadium, Canberra. Kick-off **3.45am**.
5.45 to 6.00 AM **PL Greatest Games**

TNT Sports 3

413 415 523 410 432

6.00 AM **WRC Review** Rally Greece.
7.00 NWSL Recent highlights.
9.00 AFL Geelong Cats v St Kilda Saints.
10.30 LIVE AFL Sydney Swans v Adelaide Crows. Coverage from Sydney Cricket Ground. Bounce-up **10.40am**.
1.30 PM **UCI Mountain Bike World Series Review** La Thuile Enduro.
2.00 One-Day International Cricket
3.00 NWSL Football highlights.
5.00 Sign Up – Into Football
6.00 Premier League Stories
6.30 One-Day International Cricket West Indies v New Zealand.
7.30 MotoGP Grand Prix of Germany.
8.30 FIA World Endurance Championship Highlights
9.30 UFC Another chance to see Conor McGregor v Max Holloway.
12.30 AM **FIM Speedway Grand Prix**
1.30 World Superbike Highlights
2.30 AFL Swans v Crows replay.
4.00 to 6.00 AM **Supercars Championship Highlights**

TNT Sports 4

414 416 524 411 434

6.00 AM **The Gallagher PREM**
1.00 PM **The Gallagher PREM** Replay of Northampton Saints v Exeter Chiefs in the final at Twickenham.
2.30 FIM Speedway Grand Prix Highlights From Malilla, Sweden.
3.30 MotoGP Highlights Action from the Grand Prix of Germany.
4.30 World Superbike Rewind Action from Donington Park.
4.45 British Superbikes Rewind Action from Snetterton Circuit.
5.00 Ultimate Pool Group Five fixtures in the Champions League.
6.30 MLB The All Star Game.
9.30 MLB Plays of the Week
10.00 IFSC Climbing World Series
11.00 The Football Archives
1.00 AM **World Rally Championship**
1.30 Spirit of Yachting
2.00 Tour de France Men Highlights
3.00 Tour de France Women
3.30 UEFA Champions League
5.00 to 6.00 AM **IFSC Climbing World Series Highlights**

Premier Sports 1

419 APP 528

6.00 AM **NASCAR Highlights**
7.00 DTM Motorsport Highlights
8.00 Scottish League Cup
12.25 PM **Rugby Junior World Championships** A semi-final.
2.20 Temples of Sport
2.50 LIVE Rugby Junior World Championship A fifteenth-place play-off at Aia Arena in Kutaisi, Georgia. Kick-off **3.00pm**.
5.00 URC Match Highlights
5.20 LIVE Rugby Junior World Championship A fifteenth-place play-off at Aia Arena in Kutaisi, Georgia. Kick-off **5.30pm**.
7.30 World of FreeSports
8.00 Sporting Countdowns
8.30 NASCAR Highlights
9.30 Rugby Junior World Championships A chance to see two fifteenth-place play-offs.
1.30 AM **German Cup** Bayern Munich v VfB Stuttgart in the final.
3.30 LaLiga Barcelona v Real Madrid.
5.30 to 6.00 AM **Sporting Greats**

Premier Sports 2

420 APP 529

6.00 AM **Top 14 Rugby Union**
9.55 Brasileiro Serie A
11.55 Football's Greatest
12.25 PM **Rugby Junior World Championships** A semi-final.
2.20 Temples of Sport
2.50 LIVE Rugby Junior World Championship The seventh-place play-off. Kick-off **3.00pm**.
5.00 LaLiga Match Highlights Action from Mallorca v Real Oviedo.
5.10 Celta Vigo v Sevilla.
5.20 LIVE Rugby Junior World Championship The fifth-place play-off. Kick-off **5.30pm**.
7.30 Temples of Sport
8.30 Rugby Junior World Championships A replay of the seventh-place play-off.
10.30 Another chance to see the fifth-place play-off.
12.30 AM **Temples of Sport**
1.30 United Rugby Championship
3.30 Champions Cup Show
4.00 to 6.00 AM **Challenge Cup**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Highlights.
8.50 LIVE Formula 3 The practice session for the Belgian Grand Prix.
9.45 Formula 1 Action and features.
10.00 LIVE Formula 2 The practice session for the Belgian Grand Prix.
11.00 Formula 1 Action and features.
12.00 NOON **LIVE Formula 1** Belgian Grand Prix first practice session.
1.55 PM **LIVE Formula 3** Qualifying session for the Belgian Grand Prix.
2.40 Formula 1 Highlights.
2.50 LIVE Formula 2 Qualifying session for the Belgian Grand Prix.
3.35 LIVE Formula 1 The second Belgian Grand Prix practice session.
5.15 F1 Features
8.15 At Home with Liam Lawson
8.30 Formula 1 Belgian Grand Prix.
11.00 The F1 Show The latest news.
12.00 M'T **F1 Features**
12.20 AM **Formula 1** Highlights.
12.30 F1 Features
2.00 to 6.00 AM **The Best of F1**

Next week *On sale Tuesday 14 July*

CIA

Tom Ellis and Nick Gehlfuss headline Sky Witness' drama about a gung-ho CIA officer and a staid FBI agent who team up to try to stop terror plots in New York.

Stuart Fails to Save the Universe

In HBO Max's spin-off from *The Big Bang Theory*, hapless Stuart (Kevin Sussman) causes chaos when he accidentally creates a multiverse apocalypse.

The Crow Girl

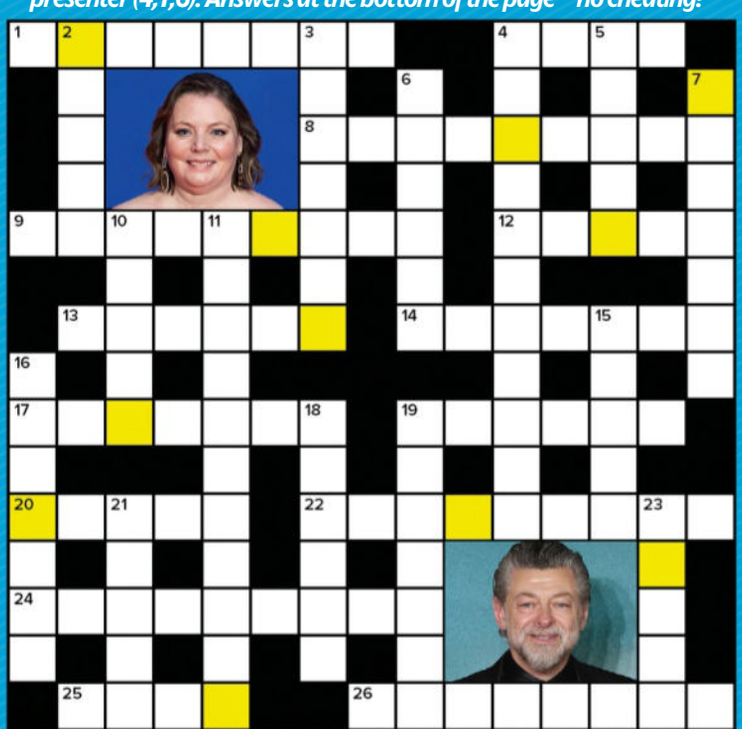
There are fresh twists in the hunt for a killer, as Paramount+'s dark thriller following cop Jeanette (Eve Myles) and psychotherapist Sophia (Katherine Kelly) returns.

The Dink

Apple TV's comedy sees Jake Johnson play a former tennis star who finds himself embracing pickleball. Ed Harris and Mary Steenburgen co-star.

Crossword

Solve the clues in our just-for-fun crossword puzzle and rearrange the shaded squares so the letters spell out the name of a comedian and presenter (4,1,6). Answers at the bottom of the page – no cheating!



ACROSS

1 Robin Weigert's role in *Deadwood*, -------- Jane (8)
4 See picture clue: ---- Serkis, played Caesar in 2011's *Rise of the Planet of the Apes* (4)
8 1983 David Bowie single and album (4,5)
9 Host of Food Network's *Barefoot Contessa* (3,6)
12 Musical by Lord Andrew Lloyd Webber that was made into a 1997 film with Madonna (5)
13 *The Rocky* ------ *Picture Show*, 1975 film starring Tim Curry (6)
14 *Diff'rent* -------, US sitcom with Gary Coleman (7)
17 ITV crime-drama series with Clive Owen (7)
19 Cassandra Peterson's 'Mistress of the Dark' (6)
20 Old Téa Leoni sitcom, *The* ----- *Truth* (5)
22 *Absolute* ---------, 1986 film with Patsy Kensit (9)
24 --------- Sciorra, Gloria Trillo in *The Sopranos* (9)
25 Dafne Keen in *His Dark Materials*, ---- Belacqua (4)
26 -------- C Moore, Cindy Hayes in *Orange Is the New Black* (8)

DOWN

2 *Breaking Bad* and *Need for Speed* star, ----- Paul (5)
3 1962 UK chart-topper for The Tornados (7)
4 Conductor who appeared in Eric Morecambe and Ernie Wise's Christmas TV special in 1971 (5,6)
5 Former *A Place in the Sun* host, ----- Menzies (5)
6 Sir Mick Jagger's band, The Rolling ------ (6)
7 ------- *of You*, 2005 hit for Kelly Clarkson (7)
10 2015 Bradley Cooper and Emma Stone movie set in Hawaii (5)
11 Steve Miller Band hit from 1982, or 2025 Lady Gaga song (11)
15 Hit song released by US rock band Mr Mister (5)
16 See picture clue: DI Viv Deering in *No Offence*, Joanna ------- (7)
18 Fred Flintstone's best pal, Barney ------ (6)
19 C4 series starring Vicky McClure, *This Is* ------- (7)
21 Singer of 1984's *Footloose*, ----- Loggins (5)
23 ----- Kemp, British TV and radio presenter (5)

CROSSWORD SOLUTION
ANSWER: Dara Ó Briain **ACROSS:** 1 Calamity, 4 Andy, 8 Let's Dance, 9 Ina Garten, 12 Evita, 13 Horror, 14 Strokes, 17 Chancer, 19 Elvira, 20 Naked, 22 Beginners, 24 Annabella, 25 Lyra, 26 Adrienne.
DOWN: 2 Aaron, 3 Telstar, 4 André Previn, 5 Danni, 6 Stones, 7 Because, 10 Aloha, 11 Abracadabra, 15 Kyrie, 16 Scanlan, 18 Rubble, 19 England, 21 Kenny, 23 Roman.

WORDS: CAREN CLARK. PHOTOS: APPLE TV, GETTY, HBO MAX, PARAMOUNT+, SKY, CBS

Recycle
We are committed to only using magazine paper that is derived from responsibly managed, certified forestry and chlorine-free manufacture. The paper in this magazine was sourced and produced from sustainable managed forests, conforming to strict environmental and socioeconomic standards.

GPSR EU RP (for authorities only)
eucomply OÜ Pärnu mnt 139b-14 11317, Tallinn, Estonia
hello@eucompliancepartner.com +3375690241

General Product Safety 2023/988: The use of our product under normal or reasonably foreseeable conditions of use, including the actual duration of use, does not present any risk or only the minimum risks compatible with the product's use, which are considered acceptable and consistent with a high level of protection of the health and safety of consumers.

Coming soon

From left: Neil, Beth, Tom and Hannah

Adultery

FIRST LOOK

Romola Garai and Dominic Cooper star in fraught drama about an affair

An illicit liaison has devastating repercussions for the members of two families in ITV1's upcoming drama *Adultery*.

The six-part series, airing later this year, sees *Preacher*'s Dominic Cooper play Tom Kirkman, who feels a powerful mutual desire for Beth Brookes (*Vigil*'s Romola Garai) after they unexpectedly meet. But Tom already has a wife, Hannah (Shelley Conn), while Beth is married to Neil (Matthew McNulty).

To complicate matters further, Tom's teenage daughter Jess (Leila Khan) has started dating Beth's son Ollie (Johnny Sanpher), with whom she goes to school. As Tom and Beth become embroiled in a racy affair, however, can they limit the damage they will inflict on their loved ones?

TANGLED WEB

Andrew Knott co-stars as Dave, the ex-husband of Beth's late friend, and James Murray and Charley Webb play Tom's brother and sister-in-law Paul and Leah.

'This is a drama about passion and I've passionately wanted to write it for some time. I'm thrilled to bring audiences a show about how love and sex have the capacity to lift us to the highest highs and the lowest lows,' says writer Danny Brocklehurst.

'It's a wonderful privilege to assemble such an amazing cast. The characters in our show have complex emotional lives and we needed the very best acting talent to bring them to the screen.'

Music documentaries to look out for...

Duffy

The Welsh singer opens up on Disney+ about getting kidnapped and assaulted and her decision to step away from the spotlight.

Wham! 10 Days in China

BBC2's film reflects on how, in 1985, George Michael and Andrew Ridgeley became the first Western pop stars to perform in China.

Tulisa: The Reckoning

On Paramount+, she looks back at her highs and lows and the press scrutiny that has made her fight for tougher media regulation.

WHAT'S NEXT FOR...

Jason Watkins

In 5's six-part drama **Last Resort**, he will play one of a group of friends who investigate when they believe a murder has occurred while they are on holiday in a coastal village. Caroline Quentin and John Hannah also appear.

Dara Ó Briain

The comedian will present U&Dave's four-part show **Dara's Dull Appreciation Society**, in which people will reveal all about their apparently mundane hobbies before Ó Briain and fellow comics, rate their passions.

Coming Back

A second run of C4's **A Woman of Substance**, based on Barbara Taylor Bradford's novel, sees entrepreneur Emma Harte (Jessica Reynolds) face love and loss in the 1920s, while Brenda Blethyn (right) plays the older Emma.

The Other Bennet Sister, BBC1's spin on *Pride and Prejudice*, which follows overlooked Mary Bennet (Ella Bruccoleri), will return for a three-part Christmas special as Mary tackles the challenges of married life.

TV&Streaming week

121-141 Westbourne Terrace, London W2 6JR
Email tv&streamingweek@futurenet.com
For subscriptions inquiries, call 0330 333 1113
email help@magazinesdirect.com

Printed by Walstead UK Ltd

International Licensing and Syndication
TV&Streaming Week is available for licensing and syndication. Contact us at **licensing@futurenet.com** or view our available content at **futurecontenthub.com**

Head of Print Licensing
Rachel Shaw **licensing@futurenet.com**

FUTURE
Connectors. Creators. Experience Makers.

Future plc is a public company quoted on the London Stock Exchange (symbol: FUTR)
www.futureplc.com

Chief Executive Officer **Kevin Li Ying**
Non-Executive Chairman **Mark Brooker**
Chief Financial Officer **Sharjeel Suleman**

Tel +44 (0)1225 442 244

Standard Subscription rates (1 year): UK £185.93, Europe £72.69 Euros, USA $64813, Rest of World $64813. For inquiries, contact TV&Streaming Week Subscriptions, Freepost Future Plc, or email help@magazinesdirect.com. If you require any other issue(s) of Future Plc magazines, these are available online at magazinesdirect.com

WORDS: CAREN CLARK. PHOTOS: BBC, C4, GETTY, ITV, SHUTTERSTOCK

ipso. Regulated

Editorial Complaints *TV&Streaming Week* is a member of IPSO (Independent Press Standards Organisation), which regulates the UK print and digital news industry. We abide by the Editors' Code of Practice and are committed to upholding the highest standards of journalism. If you think that we have not met those standards and want to make a complaint, please email us at tv&streamingweek@futurenet.com or write to The Editor, *TV&Streaming Week*, 121-141 Westbourne Terrace, London W2 6JR. If we are unable to resolve your complaint, or if you would like more information about IPSO or the Editors' Code, contact IPSO on 0300 123 2220 or visit ipso.co.uk

NEW LOW PRICE - BRITAIN'S BEST VALUE

NEW! 4G Model Easy-to-Use

Flip phone for Seniors

WE DESIGNED THIS PHONE
JUST FOR YOU!

OPEN TO SPEAK - CLOSE TO FINISH

FLIP OPEN & CLOSE

- ✔ LIGHTWEIGHT ✔ SLIM- POCKET SIZED
- ✔ NO ACCIDENTAL CALLS
- ✔ BIG BUTTONS ✔ CLEAR DISPLAY
- ✔ LOUD RING TONE ✔ TALKING NUMBERS

FEATURING SOS BUTTON

NO WI-FI **NO** GPS **NO** GAMES

FREE PAY-AS-YOU-GO SIM CARD WITH EVERY PHONE

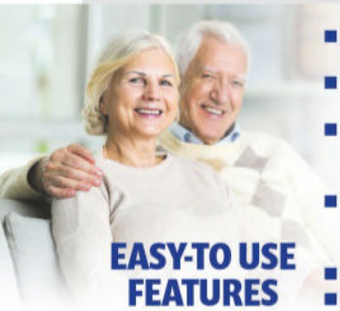
ONLY £49.99 EACH WITH OUR **MUM&DAD MONEY SAVER** WHEN BUYING TWO FOR £99.98 +p&p

Single phone £69.99 + p&p

Smart BLACK finish

Built-in FLASHLIGHT

CHARGING CRADLE



EASY-TO USE FEATURES include...

- **MAKE CALLS EASILY** –simple to store your friends and family telephone numbers
- **BIG BRIGHT BACK LIGHT DISPLAY** - so you can easily see who's calling you and who you are calling
- **BIG BUTTONS, BIG NUMBERS, EASY to READ LETTERS** Read and write text messages with ease
- **CALL AND MESSAGE ALERT ON PHONE OUTER WHEN CLOSED SPEED DIAL** Just access name for AUTOMATIC DIALING OF NUMBER
- **BLOCK UNWANTED** PHONE CALLS and MESSAGES
- **PHONE BOOK** for storing up to a 1000 numbers
- **SMALL • LIGHTWEIGHT • POCKET SIZE**
- **BUILT-IN CALCULATOR**
- **BUILT-IN MAGNIFIER**
- **TIME and DATE DISPLAYED ON SCREEN**
- **WAKE-UP ALARM FUNCTION or REMIND YOU WHEN YOUR CAR PARK TIME EXPIRES**
- **BUILT-IN SPEAKER** - make and receive calls HANDS FREE or without having to put the phone to your ear. Listen to FM radio broadcasts
- **SOS BUTTON** –store the numbers of up to 5 family or friends. In an emergency just press the SOS BUTTON and the phone will call and send a text to consecutive numbers until one of them answers.
- **SOS ALARM SOUND**
- **SOS – BY PHONE AND MESSAGE** Essential in the event of you falling over.
- **BLUETOOTH** so you can connect to your car speaker for hands free operation. Also connect to most Bluetooth speakers.
- **CALENDAR** so you can keep track of appointments birthdays, holidays and important dates.
- **FM RADIO** listen to radio via a built–in speaker or via an earphone.
- **USEFUL TORCH** light the keyhole and find dropped items more easily.
- **SIDE VOLUME CONTROL** helps prevent accidental adjustment
- **LONG LASTING BATTERY** A full battery charge lasts for up to 5 days on STANDBY mode
- **NO CONTRACT** – WE SUPPLY YOU WITH A **FREE** PAY AS YOU GO SIM CARD that puts you in control of your spend.

SOS BUTTON

STORE THE NUMBERS OF UP TO 5 FAMILY OR FRIENDS.

IN AN EMERGENCY JUST PRESS THE 'SOS' BUTTON and the phone will call and send a text to consecutive numbers until one of them answers.

WHAT'S IN THE BOX?

- YOUR FLIP PHONE • BATTERY
- CHARGING CRADLE & PLUG
- EASY TO FOLLOW INSTRUCTIONS

Written by an English-speaking person

3 EASY WAYS TO ORDER CALL OUR CREDIT CARD ORDERLINE
MON - SAT 7AM-9PM & SUN 8AM-8PM

CALL: 0800 472 5378

Speak to someone in our UK Call Centre who will assist with your order.

ORDER ONLINE: **www.pressplaydeals.co.uk/art**

QUOTE REF CODE PH2775

BY POST Complete the coupon and post today to: **Pressplay Ltd. (Dept PH2775) 8 Whittle End, Great Notley, Braintree, Essex CM77 7BA.**

100% GUARANTEE If you are not totally satisfied with your purchase, return goods within 14 days of receipt for a full refund.

PRIORITY ORDER COUPON

To: Pressplay Ltd, (Dept PH2775), 8 Whittle End, Great Notley, Braintree, Essex CM77 7BA.

Please send me:

I enclose Cheque/P.O. (made payable to **Pressplay Ltd**, please write your name and address on reverse) for

£ _____

or charge my MasterCard/Visa/Maestro Account.

ITEM	PRICE	QTY	TOTAL
Easy to Use Flip Phone	£69.99		
2x Easy to Use Flip Phones SAVE £40	£99.98		
Spare Battery	£9.99		
Earphones	£9.99		
Fast Charge Plug	£19.99		
Portable Powerbank 10,000mAh	£19.99		
Please add £5.95 postage and packing to entire order or £7.95 for priority despatch (order before 2pm weekday)			
		GRAND TOTAL	

My Card No. is

Start Date ___/___ Expiry Date ___/___ Issue No. (Maestro cards) ____

Security Code ___/___/___ (last 3 digits on back of card)

Name Mr/Mrs/Miss/Ms _____

Address _____

_____ Post Code _____

Tel. No. _____

Email _____

Estimated despatch within 48 hours from receipt of your order but please allow up to 7 working days for delivery. *Only mainland UK areas – check your post code with our operator. By engaging with our services, your contact details may be shared with trusted partners for relevant marketing. You can opt out of marketing anytime, withdraw consent easily and your data won't be shared without permission. By placing your order, you agree to this use. Learn more or update preferences at pressplaydeals.co.uk Registered Office: Pressplay Ltd, Manchester M17 1WD Co Reg No 02712582.

MEDIA CODE PH2775

Registered Office: Pressplay Ltd, Manchester M17 1WD Co Reg No 02712582.

SUNSHINE IN EVERY GLASS

£2.50

SAVE £1.35

900ml

Was ~~£3.85~~

Scan here to find your local store!

Available from 08/07/26 - 28/07/26
Subject to availability and in participating stores only.

Costcutter
Shop Locally
costcutter.co.uk

9001
9006